



# THE HEACHAM NEWSLETTER

July 2015



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Listed below are the names of all those who have, over the years, given freely of their time to produce The Heacham Newsletter for the benefit of the village and its residents.

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## Deadline for the next edition is 12 noon, Thursday 16th July

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET  
E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

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# letters...



**Heacham**

Dear Newsletter

## Church Wall

One of the highlights (and most photographed) parts of our village, is the green opposite our church. I pass it several times each day, but am dismayed at the condition of the church wall. It has been in this condition now for a long time so is it not due for repair? The wall in Church Lane was repaired some time ago and I'm sure would have cost a lot more than the cost of repairing the front wall. If the church does not have sufficient funds to undergo these repairs I'm prepared to start an appeal with £100. Come on villagers and churchgoers let's see what we can do.!!!

**John Taylor**

\*\*\*\*\*



**Heacham**

Dear Newsletter

## Dog Poo

In 2002 I wrote a spoof – see below – that was published. In view of the POO comments in recent editions and that countries worldwide are now doing it, how about a 'Where Heacham Leads other Follow'!!

Mind where you go.

**Mike Press**

## Heacham First Again!

“How often have you got home and found a very smelly deposit on your carpet picked up by your shoes. Nobody needs to allow their dog to foul the street - especially with the special free bags available at the parish council offices and strategically placed bins. This is a very anti-social and unnecessary practice.

However, help is at hand.

The first day of April sees euro regulation *apr2002/d0ggY* introduced which requires all residents to be involved in **CitizensRemovingAccumulationofPoo**.

What does this mean to you?

Well, any mess outside your house to the middle of the road will be your responsibility. It must be collected daily and taken to a central area (to be decided). Here it will be checked by DNA analysis and compared with the village dog DNA register. The guilty doggy will receive a fixed penalty.

The DNA will be determined by passing detector vans that can remotely sense the DNA of both the animal and its owner. At the same time all owners must have a supply of plastic bags on their person even if not walking their dog. This is so that they can pick up any clandestine droppings.

This will be monitored by **PatrolsObservingOffendersService**. This action will clean up the village in time for the tourist season.

With spring starting, and April first with us, Heacham can be proud of being in the vanguard for village cleanliness particularly as the village is entered in the best kept competition.

Good luck and happy scooping.”

**'C A Nine'**

\*\*\*\*\*



**School Road**

Dear Newsletter

## In Defence of the Parish

I am writing in response to Mr Bruce's letter in last month's issue where he berated Mr Terry Parish and a 'few Heacham villagers' over a perceived vendetta against the landowners involved in a planning application at the end of School Road.

Firstly, the issue has never been with the landowners, it has always been with the developers. Secondly, the 'few' people that oppose these planning applications on numerous grounds include the 300 plus villagers that attended the first public meeting, the local MP, County Councillors, Borough Councillors, Borough Officers in charge of the LDF, LDF Committee Members, Borough Planning Officers, the Borough Planning Committee, The Parish Council, Hunstanton Town Council and the independent planning inspector. Not exactly the dictionary definition of a few.

I also take issue with Mr Bruce's narrow view of what a Heacham Man is. If you wish to be part of a community you need to get involved and help to enrich it, not simply exist amongst it for a great number of years. Mr Parish may have only lived here for a relatively short time but in that time he has embraced the community by becoming a Parish Councillor and devoting a great amount of time to all its activities. He was instrumental in bringing together the group that tried to buy Heacham Park for the village, he regularly gives talks on his hobby of astronomy to various local groups and that is just a few of the ways he is enriching this community in which he now lives.

I daresay that if Mr Bruce was as much of a Heacham Man as Mr Parish, he would have done something about his caravan issue rather than standing on the sidelines moaning.

**Daniel Parton**

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## FRIDHEM BINGO

Monday 20th July 2015

Eyes down 7.00pm sharp!

Refreshments

Come and join us

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home,  
79 Station Road, Heacham



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Paola, Malta

Dear Newsletter

**'Chickens and The High House'**

I would like to refer to the letter, 'Cheney Hill Chickens' which was published in the Newsletter issue of June 2015. The letter was about the chickens roaming on Cheney Hill.

During my last visit to Heacham in October 2014 I went through Cheney Hill and did meet these chickens crossing the road. I was surprised and thrilled at the same time and took a number of photos of these chickens. Arriving home my wife and daughter were also thrilled when I showed them the various photos that I took of these wonderful chickens.

While I was passing through Cheney Hill, a few cars passed and drivers slowed down. So I agree with June Parish when she wrote that these birds can result in good road safety.

I also agree with June Parish that large flocks of loose chickens could be a problem. But if the number be kept down I believe that such chickens should be let roaming.

When I was a boy I used to play with other children on the streets. But today's children in Malta have no chance at all as a number of cars have occupied every street. I believe that the situation in Heacham is a little different even though it is not a habit that children play in streets.

As an ex-worker of The High House, I also found most interesting the article entitled 'The Ruskin School, Heacham & High House' part 4.

**Vincent Williams**

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Heacham

Dear Newsletter

I've often considered myself to be a bit of an artist, so when the opportunity arose for me to create an 'Installation Piece' for the village, it was too good a chance to miss.

There have been mixed reviews so far. Many thinking that "it's a pile of old ....". Some commenting that "my dog could have done better" and a few even telling me that "it's an eyesore"! But ... you know what? I shall not be deterred by this negativity! I shall continue in my quest to cover this whole village with my art, until there's no more covering to be done!



**The Pink Patroller!**  
*(Name & Address supplied)*

\*\*\*\*\*



High Street

Dear Newsletter

**Thank you**

I would like to say thank-you to the many people who came to my aid on the Thursday before Good Friday. I fell and fractured my patella in Caley Street.

Everyone was very kind.

Once again may I say a big thank you.

**Mary Langley  
& Basil, my dog**

\*\*\*\*\*

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Heacham



Woodside Avenue

Dear Newsletter

**Heacham School Reunion**

The 3rd Heacham School Reunion, kindly sponsored by Mr Derek Miller, is to be held on Sunday 27th September 2015 in Heacham Public Hall. For those who attended Heacham School prior to 1960, all are welcome. No charge. Light refreshments. If you have any photographs relating to that era of Heacham and the school, please bring them along.

If you would like to attend and share your memories once again, please contact Tony Parnell on 01485 601399 or email [sharon.parnell@hotmail.co.uk](mailto:sharon.parnell@hotmail.co.uk)

Thank you.

A V Parnell

\*\*\*\*\*



Heacham

Dear Newsletter

**Dr Marshall's family**

Dr Marshall was the Heacham GP in the 1930s. I don't know the exact dates of his work here. This photograph was taken in August 1931 in front of their French doors. It is of Elisabeth Marshall and her brother Stephen the younger child on the right. Ros Marsden is the baby on the left aged 10 months.

Does anyone know what happened to the two Marshall children and are either of them still alive? I would love to know.

R Marsden

\*\*\*\*\*

Dear Newsletter

**Hopkins Homes Development - South of Hunstanton**

A parishioner has recently raised concerns that the proposal to build 166 homes south of Hunstanton, just above Heacham, is not widely enough known in Heacham. In particular, the road access to the houses, which will likely have a detrimental impact upon Heacham, may be not clear to residents. Ignorance of this feature is understandable as the latest road plan is discussed within the Local Development Framework, which few have read, but is not on the KLWN planning website.

Objections to this planning application are still being accepted. Planning reference 14/01022/FM.

Terry Parish

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# FOX & HOUNDS

**AWARD WINNING FOX BREWERY**

Station Road, Heacham. Tel: 01485 570345

**Bands for July (8.30pm unless stated)**

- Sat 4th July Mark Wilkinson Jazz Quartet
- Tue 7th July -Adenland
- Tue 14th July - T.B.C
- Tue 21st July - The Black Dogs
- Sun 5th July - Afternoon Jazz(1.30pm)
- Fri 10th July - Ed & Laura
- Fri 17th July - Against the Grain
- Fri 31st July - Jam with DNA

**THE BIG ONE**

**15th ANNUAL BEER FEST**

**23rd - 26th July**

**LOTS OF REAL ALES - CIDERS - THE BEST MUSIC LINE UP :**

- Thur 23rd - 8.30pm - THE IMMIGRANTS (Rocking in to the beer fest)
- Fri 24th - 8.30pm - CROSSING THE TRACKS (Folk/Americana band)
- Sat 25th - 8.30pm - SOUL STRIP (Some good ol' soul for Saturday)
- Sun 26th - 1.30pm - EAST ANGLIAN BRASS BAND (The Sunday chill out)

**All the entertainment in the marquee**

**BBQ - with our trusty Marcus, Nigel & Dave**

**Sunday 19th July - Classic Cars return to the Fox (3pm)**

**Early Notice - Saturday 8th August (4pm) Steam Rally visits the pub**

**Lunch served from Noon & dinner from 6pm.\***

**Bar open every day from Noon.\***



**Follow us on Facebook @foxandhoundsheacham**

**\*Times may change. Please call the pub on the day. Booking a table is recommended.**

# News & Events in the Community...



## Appeal for blood donors

NHS Blood and Transplant is appealing for blood donors following a 40% drop in fresh volunteers in the past decade.

There has been a stark reduction in the number of new donors coming forward - a trend seen across the world. Only about 3-4% of the current eligible population are regular donors. "While we can meet the needs of patients now, it's important we strengthen the donor base for the future," a spokesman said. "We need these (new donors) to make sure it doesn't become critical".

Who can donate and how?

- Healthy 17- to 65-year-olds weighing at least 50kg (7st 12lb) can donate
- Men can donate four times a year, women three
- About 470ml (just under a pint) is taken
- With an appointment, it should take no more than an hour
- A delay may be required after foreign travel, a tattoo or acupuncture

The team visits Heacham, Hunstanton and Dersingham regularly. I can vouch for them being friendly, kind and gentle!

You can call them on 0300 123 23 23, or details of sessions are here: <https://my.blood.co.uk/>

25% of people need a blood transfusion at some time in their lives. Please help.

## Heacham Beach Party



Heacham South Beach  
Sunday 5 July  
5.00pm-7.00pm

## Hawaiian Theme

Tattoos, Kite Making,  
Sandcastle Competitions, BBQ,  
Design your own T- shirt  
Andy Groom Roadshow

and lots more.....

Party Passes £4.00

Enquiries Heacham Parish Council  
01485 572142

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Ladies Circle



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### FARMERS MARKET FOOD FAIR & MORE!

On Palm Beach  
Heacham  
10.30am to 1.00pm  
Sat 11<sup>th</sup> July 2015  
All local produce and  
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In aid of Macmillan

All our holiday home owners have exclusive use of our  
fabulous outdoor heated swimming pool.  
(May to September)  
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You will find our Annual Fees, Gas and Insurance come to  
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Park at Heacham and the Poplars Holiday Park at  
Burnham Market

Please enquire at the Palm Beach office  
or call **01485 570565**

### 2015 Macmillan Craft and Coffee Event.

**22<sup>nd</sup> August 2015  
Starts 10.30 am**

Lots of craft, food and exhibiting  
stalls something for everyone!!  
Fun Run for children up to 13yrs.  
Prettiest dressed dog and dog show  
with our fantastic auction too!  
Entry forms available for both  
events now at the Palm Beach office  
Come, enjoy all the lovely stalls and  
help us raise lots of money for this  
worthwhile cause.

**FREE Lynx bus available from the  
Fox and Hounds bus stop Heacham  
to the park every 15 minutes.**  
For further info on having a stall or  
donating call Geraldine on  
01485 570565



## CHURCHES TOGETHER IN HEACHAM

### FLOWER POWER



The lovely pastel of poppies on the cover of the June edition of this Newsletter reminded me of our Lord Jesus' words about not worrying. He pointed out that the poppies do nothing to become so beautiful; instead He, by using His D.N.A programme, cultivates them. Similarly, He promises complete provision for our practical needs if our lives are in His hands. He says..... "Don't worry about what you shall wear... "Well, no", we reply. "In the 21st Century there's always the charity shop".

Ah! But when such shops were not much in evidence way back in the 1980's, He actually did clothe me in an amazing God-(not "Co") Incidence. During a brief spell in the Q.E. Hospital God made sure I became friends with the lady in the next bed. She was fascinated by all my farm stories and shyly asked if I needed, or would even accept, some working clothes. Her housemate was for ever throwing away good, and often new, items if she thought they were blemished, because she had an obsessive cleanliness problem. Little did Joyce, my new friend, know that my husband Mike and I were desperately struggling with a huge farm bank loan, with no spare funds for clothes. I never told her this, and she was to bring me shirts, jumpers, trousers, anoraks, socks, gloves etc. – all good quality. Many were too big for me but fitted Mike – so we were both kitted out for years!

This showed me how practical and relevant is God's word, our Bible. Our Lord knows our needs and wants to strengthen our faith in His trustworthiness for now, as well as for eternity. His word is not a mystic irrelevance but a manual for day to day life, as well as being His love letter of His rescue of us all, should we turn to Him. B . I . B . L . E = Believe . It . And . Be . Life . Equipped.

Luke chapter 12, v. 27: "Look at the "poppies". They don't work or spin..... so if God provides such clothing for wild flowers.....don't you suppose He will provide for you?"

*Jenny Sparks*

*Ministry Team Member, St. Mary's Heacham*

Last Saturday of each month

# The next Messy Church will be on

## Saturday 25th July

At St Mary's church, Heacham.

**This will be our summer picnic - families need to bring their own lunch.**

10.00-12.00 St Mary's church

## HEACHAM METHODIST CHURCH

### Sunday Services: 10.30am Morning Worship

5th July Cath Fielding  
 12th July Rev. Andrew Maguire  
 19th July Elizabeth MacLeod  
 26th July Church Fellowship Service  
 2nd Aug. Rev. Stephen Oliver – Chapel Anniversary

### Midweek Communion

The July midweek Communion will be on Wednesday 8th at 10.30am, conducted by Rev. Stephen Oliver. All who love the Lord are welcome to attend.

### Midweek Activities

Monday - Indoor Bowls, 7pm weekly  
 Tuesday - Hands & Needles Club 7.30pm 7th and 21st July  
 Thursday - 'Open Door' 10.00am-12 noon weekly  
 Wednesday - Midweek Communion, 10.30am 8th July  
 Thursday - Bible Study, 30th July at 10.30am  
 Friday - Indoor Bowls 7pm weekly

### Bible Study

We now have a regular Bible Study on the last Thursday of the month at 10.30am. This month it will be on 30th July, led by our Minister Rev. Stephen Oliver and we are studying St. Luke's Gospel ch.4. All welcome.

### 'Open Door'

Have you ever thought you would like to talk to the Minister without a crowd around? Or ever thought you would like to pray for your family, or some of the problems of the world and for various reasons you would rather do it in church? Well.... now you can! **The Church will be open every Thursday from 10.00-12.00 midday** and our Minister Rev. Stephen Oliver will be there, should you wish to talk.

### Ladies Fellowship

The Ladies' Fellowship is taking a summer break but will be back in September.

### Social Evening

No Social Event this month, but it will be returning in August, when a Table Games and Darts evening is scheduled for Thursday 13th August at 7.15pm.

### **RADICAL HOSPITALITY** Saturday 25th July, 2.30pm

An invitation to be uplifted and fed with inspiring and joyful music for heart and soul, featuring 'REVELATION' and 'TWO YANKS AND A BRIT', whilst enjoying free afternoon tea and cakes at **Heacham Methodist Church**, starting at 2.30pm. Just drop in at any time – all welcome - admission free.

## THE PARISH CHURCH OF ST. MARY

### Sunday Services in July 2015

|         |   |
|---------|---|
| 8.00am  | Holy Communion (BCP)<br>12th and 26th July  |
| 10.00am | 5th Morning Prayer<br>12th Service at St. Mary's Snettisham<br>19th Holy Communion<br>26th Morning Prayer |
| 6.00pm  | 5th Evening Prayer<br>12th Evening Prayer<br>19th Evening Prayer<br>26th Holy Communion                   |

### July 2015 Services at Nursing/Residential Homes

Tues 7th 2.30pm at Rebecca Court  
Mon 13th 11.00am Holy Communion  
at Millbridge  
Wed 15th 2.30pm at Summerville  
Fri 24th 10.30am at Fridhem

### Church Contacts: (telephone code: 01485)

Methodist Church Rev'd Stephen Oliver 570232  
St Mary's Church Rev'd Veronica Wilson 570697  
St Mary's Church Office \* 572539  
email: [heacham.church@googlegmail.com](mailto:heacham.church@googlegmail.com)

### REGULAR ACTIVITIES AT ST. MARY'S CHURCH

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; all the women are welcome at *Girls Together* and there is a Men's Group as well; everyone can belong to the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children. Also for children, usually on the last Saturday of each month, there is *MESSY CHURCH* with crafts, games, singing, Bible stories and lunch.

### ST. MARY'S CHRISTIAN BOOKSHOP

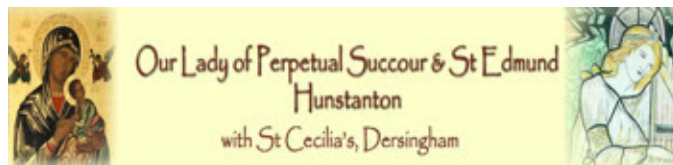
Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. It is open from 9am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays till the end of March, and 9am-5pm throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit.

### ST. MARY'S CHURCH HALL

This is on the right, half way up the High Street, and the Hall can be booked for meetings and family events, such as children's birthday parties. A booking fee is payable and the Hall can be inspected and a booking made on Mondays, Wednesdays and Friday mornings between 10.30am-12.30pm. There is an office at the Hall where bookings can be made and information provided.



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### **Hunstanton Catholic Parish**

As you can see from the photo, we had a little get-together in the parish centre for the volunteers who do so much to keep the parish ticking over during the year.

Our next social occasion will be on Saturday 4th July when we will have our very popular Strawberry Fair at St Cecilia's, Dersingham with stalls starting at 12.00. As well as the delicious strawberries and scones, there will be various stalls including a bric-a-brac stall, tombola, raffle and refreshments. This is one of our main fundraising events of the year so please come along and support this lovely social occasion.

Our parish barbecue will be held at lunchtime on Saturday 15th August at the parish centre in Hunstanton. Tickets will be available soon.

A revised, extended parish history booklet has been produced and is available at both churches for the price of £2.50 per copy. All proceeds to go to the Development fund.

We are still collecting for the Food Banks in Hunstanton and King's Lynn, which provide help to those in very real need in the local area. There is a box for donations in the porch of both Churches.

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. **Our daily Masses will be at 10am held in the Church, Sandringham Road, Hunstanton, for the summer**, rather than the Convent, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. **Please check for dates and times on Church notice boards, website or phone.** Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220 or email: [parishpriest763@gmail.com](mailto:parishpriest763@gmail.com)

**Website:** [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)

**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)





## The Kitchen Gardener

July – mid-summer. Deja vu sort of. Tough love for the tomatoes, and harvest time.

This is the season when I walk up the garden determined to complete a vital task and get waylaid by several things that need urgent attention en-route. I do a sort of mental juggle of priorities and somehow get there in the end – often not on the same day though.

Kind and wise gardeners have guided me along the way, and still do. I remember meeting a gardening neighbour off the bus one day to ask him to call round and tell me if I'd got my pea sticks in correctly. Poor bloke had just got off a nine hour shift. His kindness taught me to be sure to pay back somehow.

A new and keen gardener recently sent me a list of questions the sub text of which was 'how can I grab this plant by the scruff of the neck and make it do exactly what I want?'. My deja vu moment except then it was me asking that question. I was able to give the newbie the same answer I was given -

'You can try to firmly control what happens in your garden, and as you wear yourself down to the bone physically and mentally the Gardening Gods will laugh uproariously and have their own way anyway. Ask me how I know.

Or, you can gently steer and help the plants and hope for the best, observe micro-climates e.g. where frost falls and where it can be escaped for tender plants, and work with them. Keep a beautiful gardening diary to make note of your little experiments, sketch ideas for next year (most gardeners are dealing with last year's ideas and thinking about next year's plans because there's

nothing instant about gardening) and to remind your gardening self what to do or not do next time.'

It's the constant giving and taking of advice, sharing and kindly reassurance that I love about gardeners and gardening.

I grow my Brandywine tomatoes in the greenhouse; they are by far happier there than anywhere else in the garden. Last year they developed yellow and brown blotches on lower leaves that I put down to a magnesium deficiency. The marks appeared again this year and none of my books gave a definitive answer so I used an online search of GB sites to try to identify the problem.


I ended up following a long and fascinating discussion on an identical leaf problem to mine out of which several points arose that seem logical to me and have led me into a bit of an experiment with indoor tomatoes this year.

The consensus was that there was some sort of fungal problem on the leaves which can be avoided by removing lower leaves, not watering at night but in the morning and making sure the greenhouse or polytunnel is well ventilated with plenty of airflow around the lower stems.

Arguments were put that it's a myth that toms are delicate plants, that actually they are robust individuals that will survive in adverse conditions and watering a tomato in a container once or twice a day amounts to over watering. They should dry out between drinks. The plant's natural strength is overwhelmed by pampering, weakening it and making it more vulnerable to disease.

Tomatoes will be more productive and healthy if they feel slightly threatened. Humidity and wet leaves are an invitation to fungal problems on tomatoes, many posters said they'd

Snettisham  
Christian  
Fellowship



Christ centred  
Bible teaching  
Gospel led

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Memorial Hall Old Church Road Snettisham  
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All ages.  
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stopped damping down – with success, and had considerably reduced their feeding regimes.

Recognised and established garden writers also say to let tomatoes dry out between waterings, so with this accumulation of evidence I'm going to give my greenhouse and polytunnel tomatoes a bit of tough love this year and see how I get on.

Other jobs to keep me occupied and use up the time saved by my no pamper policy are sowing parsley for winter use, the usual successional sowing of lettuce, plant out the leeks, and towards the end of the month start the summer pruning of some of the tree fruits.

As I look out over the fields and see many tens of thousands of pounds worth of sophisticated machinery bristling with sat-nav antenna busy harvesting. I think of the Land Girls' accounts of bringing in the harvest with a pitchfork, horse and cart during both wars. Even in living memory the changes are immense. I should think what hasn't changed though is the appetite built up by all that hard graft.

In the mid 1500's, one estate records regularly feeding around 120 reapers on their three farms. In one week in August, the main hall provided the workers half a cooked and carved steer, half an ox, 4 sheep and 162 gallons of beer. This was a mid-day meal and would be accompanied by cakes cheese and pastries. One such served during this period was Lettuce Pie. For the filling a choice lettuce was cut, boiled then buttered, mixed with hard boiled egg yolks, raisins, currants, nutmeg, cinnamon, sugar and pepper. It was covered in a syrup of claret, sugar and vinegar thickened with egg yolks.

I've found a charming 1934 description of a farm labourer's wife packing up a basket of homemade bread and butter with slices of rich yellow double Gloucester cheese, tomatoes, a twist of salt and a crisp creamy custard tart. Hot tea (thought to be more thirst quenching) was poured into glass bottles and added to the basket at the last minute. This was sent out to her family hay making in the fields nearby.

Maybe she used some of the sweet smelling hay to cook a ham in an old traditional way. A bed of hay is made in the base of a deep saucepan, it's sprinkled with herbs and spices – I'd use bay leaves, whole black peppercorns, cloves and some tough old stalks of parsley. The ham is laid on top.

More hay is tucked around the sides and over the top of the ham, it is covered with cold water, lid on the pan and brought to the boil then simmered for the recommended amount of time for the size of the joint. I like to cool my ham in the pan as I find it makes the ham nice and moist.

There's an old fashioned lunch pie that I'd be happy to send out to a harvester. A layer of shortcrust pastry made with 50/50 lard and butter is placed on a pie plate and slices of ham are laid on the pastry and spread with a little mustard. Four eggs are carefully broken on top of the ham and seasoned with some salt, pepper and freshly chopped herbs. The edges of the pastry are moistened.

A second layer of the shortcrust goes on top, the edges are crimped and the top decorated with pastry leaves and 4 crafty marks made on top to show the position of the eggs inside for when the pie is cut. The top of the pie is brushed with egg wash, and it is baked for roughly 45 mins until golden at gas 4/180 C.

I'd serve this with a crisp green salad, pickled courgettes and a generous tomato salad with a mustard vinaigrette and plenty of chopped shallots or spring onions. Leftover ham has to go thickly cut into buttered crusty rolls spread with one of those mustards that breathes fire down your nose. It's the law.

**Hilary Dellar-Lane.**

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## A CAREER IN PATHOLOGY

### Part 6

The hospital was now run by an executive team headed by a Chief Executive Officer and there were a great number of directors of this and directors of that. Each department had a budget set for it and was expected to work within that budget. The laboratory consisted of four departments, Haematology/blood transfusion, Clinical Chemistry, Microbiology and Histopathology/Cytology. Each of these was headed by a consultant, with the day to day operation of the departments run by a Senior Chief medical laboratory scientist. His/her job was to ensure the smooth running of the department and to manage the budget. We were told our budget at the beginning of the financial year - April - and were expected to keep within it. In my case, I kept a sort of ledger and headed each page with the budget line (equipment, consumables etc) and the total sum allocated. As items were purchased, I entered it into the appropriate page, the sum spent - provided by the supplies department - and the amount left. I had some interesting debates with the finance department as to why my sums didn't always tally with theirs. The trouble was that they used computer spreadsheets and could not always verify their figures whilst mine were in black and white on paper.

Some bright spark decided that each department should produce a Business Plan. As if we didn't have enough to do. So Jane and I decided to make a stab at this. We agreed that we needed to know how much it cost to run the laboratory per minute and to that end we (the lab staff and I) needed to know the cost of each test. So for some weeks we first of all worked out the average time for every test we did, how long it took to do a venepuncture, how long a blood taking ward round took etc. Despite the fact

that it meant a lot more work, the staff were brilliant. Eventually we knew how much it cost to run the laboratory per minute (it was very difficult persuading the works department to let me have electricity gas and water costs) and from all of this we could work out the cost of every test we did. I spent many hours at home getting all this information on paper, then checking it with Jane but finally I presented a paper bound copy of the results of our labours to the admin office. And nothing happened. There was no feedback; I might as well have shredded it!

The following year, I was asked to do the whole thing again. It was easier this time as the basic research had all been done. However, as before, we heard nothing back. So when I was asked a third time, I flatly refused to do the work at least until we had received feedback from previous years. The whole project died. What a waste of time and effort. However, there was some use made of all the information as, when the new Sandringham private hospital was completed, we were asked to cost our tests for them. I found out sometime later that they were more than doubling our costs when charging the patients and then telling us we were too expensive! The reply that Peter and I gave them was that they were very welcome to find a cheaper laboratory but that if they needed any urgent out of hours work that it would cost them dearly. Peter and I both knew that they were bluffing as I had a good grasp on how much other labs were charging for their services, even though they didn't do as much as we had in costing their services but obtained a figure from their respective finance departments. They were without exception more expensive than us! At that time the technical heads of haematology labs had fairly regular meetings to discuss the service.

This was not what I had entered the pathology service for. We had a very good reputation as a Haematology and transfusion laboratory. It was a matter of honour to get all the routine work processed on the day it was generated and any urgent results were always telephoned to the doctor originating the request, whether a GP or a hospital doctor. We were very proud of our department and in general, I had a very happy and efficient team around me who I would defend furiously against any outside criticism. I had some glorious rows with Marguerite King but despite that we remained good friends until her death in July 2011 some twenty two years after she retired. I used to go to have coffee each week with her and she often gave me sage advice when I was troubled.

Things went steadily downhill. Barry Starkey was our first CEO and was a really good bloke. But he worked too hard trying to meet the ever increasing demands on the hospital from the DoH and eventually had to retire due to ill health. By this time I was



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also getting thoroughly fed up with paperwork and financial stress. Then one day the then Lab administrator, Dr Alex Chan Seem, told me that he had been told that the laboratory was costing too much and he had to get rid of some staff. This was my cue. I had now done just over 37 years in the NHS and after talking to a friend in the finance department I discovered that not only could I retire on a full pension but that, if I was made redundant, I would get some redundancy pay as well. I checked with the pension service about my state pension and was told that my two years National Service would count so I would get the then maximum state pension at 38 years. So national service was good for something after all. If some of the younger staff saddled with mortgages and families were to be forced out, life could get difficult for them. So having talked it over with my beloved Jill, I decided to go for it. I spent a large portion of my next On-Call session putting together a proposal which would in effect, end my career. This was a bit heartrending for me as I truly loved my job - or had done till then. The idea was that I would take voluntary redundancy and that the post I occupied would be taken over by the current young chief of Clinical Chemistry who would be in technical charge of both departments. This would free up some of my salary for redistribution. I checked my presentation carefully then had it typed up. I had several copies made and distributed it to all the laboratory consultants as well as to my senior colleagues in the department.

Peter Coates went ballistic. He was convinced that without me the place would fall apart. I explained to him that within six months of my departure, I would be forgotten. The Chief in Clinical Chemistry was not happy either but I explained to him that I would not agree to go unless he negotiated a reasonable salary increase for running two departments which I think he did. Looking back, I reckon he did a brilliant job of welding the two departments together.

So, after 38 years I finished work at the end of March 1995. I felt quite sick as I walked to the car, having said goodbye to all my colleagues and friends, but I still think I did the right thing. And now, some 19 years after retiring and still being in reasonable health, I'm very glad I went when I did. My beloved Jill sadly died in 2012. I never dreamed that she would be the first to go and she left a huge hole in my life which will never be truly filled. However, she left me four lovely children and she still lives in them.

Now, the department of pathology is almost no more. Having leased at vast expense, a fully automated system to do all the blood sciences (Haematology and Clinical Chemistry together), the decision has been made at government level, to change to a hub and spoke system for pathology. This means that Microbiology and Histopathology have been moved to the Norfolk and Norwich and Addenbrookes Hospitals respectively and all the GP generated blood sciences are shipped on a daily basis to the N&N. Blood sciences requests generated within the QEH are still done 'in house' I suspect - no, I know - that the morale of the laboratory is at rock bottom but, as with many things, the powers that be care not a jot. I'm going to stop there as this article will turn into a whinge. But I was very fortunate to start my career in pathology just when the science was taking off. For about 36 of my 38 years service, I was incredibly happy. I learned a lot, made some good friends and would do it all again without any hesitation.

**(The End)**

**Michael Drew**

## Inter-Village Games 2015

I would like to say a huge thank-you to Vince Marshall of Heacham Beach Park Resorts for sponsoring 'Team Heacham 2015' in the Inter-village games on Sunday 28th June.

The village has shown good interest this year and we entered teams into Athletics, Badminton, Darts, Fitness Triathlon, Football, Mini-soccer, Indoor Bowls, Netball, Rounders, Squash and table tennis competitions.

As I am writing this before the date of the games, hopefully we were able to beat last year's very respectable 4th place finish.

**Jordan Penty**  
(Village Sports Co-ordinator)



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## POCAHONTAS PLAYERS

The Pocahontas Players would like to thank The Heacham Newsletter for the wonderful double page spread of their 20th Anniversary Show photos and write-ups. We also thank Uncle Ed Jackson for spending time to take these photographs during our rather wild dress rehearsal, but we did miss this one when emailing them over to the Newsletter, which is now known as 'The Famous Job Song'.

We have had so much feedback about this song. It was adapted by Jim Race for his first written Panto (Summer Holiday) way back in 1996/7? and since then we have acted/sang it 5 other times (including on The Princess Theatre stage Hunstanton). It always seems to be a huge hit.

On the subject of feedback, can we thank the many many people who have walked up to us in the street to shake our hands and congratulate us on this production. Also, the social media comments, the phone calls, handwritten letters sent by post and for the Newsletter letters. How nice was that!?

All this praise couldn't have been possible if it wasn't for all who support us, because without you, our loyal supporters, The Pocahontas Players, wouldn't be the great success it is.

Hopefully, see you in September when we start read through and auditions for the January 2016 Pantomime. Please come and join




us. Every Tuesday, starting Tues Sept 8th, 7.30pm, Heacham Public Hall, to Act? Sing? Dance? Paint? Backstage crew? Lighting? Sound? We are desperate for a Choreographer and a person to 'take on' the costumes. Please pop in and see what we are all about. It will be great to see you.

Thank you.

**Heacham Pocahontas Players**

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**West Norfolk Mind**  
**Round Table provide kitchen upgrade for local charity**

**West Norfolk**

Local Mental Health charity, West Norfolk Mind, successfully applied for a donation from funds raised during Hunstanton Round Table's Christmas Swim and used it to purchase a new cooker and hob for their day services centre at Poplar Avenue in Heacham.

Zena Penty, Volunteer Co-ordinator from West Norfolk Mind, said "We were delighted to be chosen and received a £500 donation. We are extremely grateful to Hunstanton Round Table for making it possible to update our kitchen which was in dire need. Helping prepare and sharing a meal is a very important social activity for some of the people attending our centre and the equipment needs to be fit for purpose. We are also very



grateful to A. E Wallis for their support and free fitting of the appliances and to DMB Carpets & Flooring for the donation and fitting of new flooring which has completed the refurbishment".



West Norfolk Mind is currently looking for a Volunteer Cook who is available on Wednesdays or Thursdays for 6 weeks in Heacham, who would like to cook an uncomplicated nutritious meal for approx 10 people. Help is available with preparation. For more details call Zena on 01485 572707.

Andrew Searle of Hunstanton & District Round Table said "We were very pleased to be able to support such a worthy cause as West Norfolk Mind. This is an organisation that does such a lot for the local community, and which can make a difference to so many people. It was an easy decision for our Table when the request came in. We are always on the lookout for worthy causes to support, be it a local group or a single project."

Please enquire at [www.hunstantonroundtable.co.uk](http://www.hunstantonroundtable.co.uk)

Details of the services provided by West Norfolk Mind can be found by visiting [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk) or calling their Head Office on 01553 776966.

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## The Ruskin School, Heacham &

### High House

#### Part 5

The Curriculum: He tried to make reading and writing a habit from which good spelling would follow. He realised that individual attention was not always a panacea and shifted this original idea to emphasise class teaching more.(46). He still, however, maintained that Ruskin School was almost uniquely suited to draw out a child's individuality. Lowerison's preferred method of teaching focused on creating a unified knowledge correlating for example, astronomy with literature and art, since "all things and sciences and men are one"(47) and then attempting to unite the children with this. Natural history had a central place in the curriculum. The children kept nature diaries and collected the fossils and pre-historic flint implements that littered the Norfolk landscape. Two of these finds were donated to the British Museum and others were put on display in the school's own museum. Lowerison used these to illustrate history. In his book, Palaeolith to Motor Car-Heacham Tales, the stories are mostly built round artefacts found by the children, a Palaeolithic flint implement, a bronze age axe head, and a Roman coin for example are the points of departure for tales that typify what Lowerison thought of as life in their periods of time. He heartily endorsed frank books about sex that would help dispel these soul-destroying myths and distributed them amongst the children at the school.(48).

During peacetime, trips to Europe were undertaken. Once a whole term was spent in France and only French was spoken. Switzerland was also visited and London frequently.(49). There were no formal examinations. Assessment was on a continual basis. They played cricket and football against the Glebe School and hockey against Lidgate House School in Hunstanton. Amongst old pupils there were Michael Redgrave (an evacuee), Cicely Courtneidge and Hamon le Strange.

By 1914 he had become an ardent British Nationalist and very anti German. Blatchford foresaw the socialist movement in October 1914. Then he moved to Horsham where he lived until he died there in 1943. After his wife died in 1921 he turned to spiritualism.

Lowerison and his wife having been ill for sometime, the property was sold before Christmas 1925, to the Workers Travel Association for £5,000. The school closed at Easter 1926 and the remaining children were dispersed to other schools. During the war a Polish Unit was stationed at the house. The "modern housing development" (flats) began in 1970 and Martin Belton suggested splitting the house into 2 units one of 5 bedrooms and one of 2. On 30th December 1977 the Lynn News wrote SAD HOUSE AWAITS ITS FATE. "Also keen to have the house pulled down as soon as possible are many villagers who deny that it has any architectural value at all. They see it as a festering slum building on a busy road and would have no regrets if it were to be knocked down tomorrow. It would make a fine library and museum an amenity Heacham urgently needs."(50).

Correspondence relating to the Ruskin School Heacham is deposited in Durham University Archive.

I am particularly grateful to an article by Kevin Manton, Establishing the fellowship: Harry Lowerison and Ruskin School Home, a turn-of-the-century socialist and his educational experiment in History of Education, 1997 – March Vol 26 N.1 535 – 70, and to the late Chris Mackie of Heacham.

46 *The Clarion*, 9 March 1901 & 16 May 1902

47 *See, for example - Lowerison, Star Lore for Teachers*

(London:

*Clarion Press*, 1911), 15

48 *The Clarion*, 30 May 1913

49 *See Elaine Augers notes at Lynn Museum.*

50 *See folder on the Ruskin School at Lynn Museum*

(The End)

Ros Marsden

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## TIDE TABLES FOR JULY & AUGUST 2015

| HIGH WATER AT HUNSTANTON           |         |     |             |     |       |         |     |           |     |
|------------------------------------|---------|-----|-------------|-----|-------|---------|-----|-----------|-----|
| Heights above chart datum          |         |     |             |     |       |         |     |           |     |
| Time Zone UT (GMT) add 1hr for BST |         |     |             |     |       |         |     |           |     |
| July 2015                          |         |     | August 2015 |     |       |         |     |           |     |
| Date                               | Morning |     | Afternoon   |     | Date  | Morning |     | Afternoon |     |
|                                    | Time    | m   | Time        | m   |       | Time    | m   | Time      | m   |
| 1 W                                | 05 21   | 6.8 | 17 45       | 6.8 | 1 SA  | 06 29   | 7.5 | 19 08     | 7.4 |
| 2 TH                               | 06 05   | 7.0 | 18 34       | 7.0 | 2 SU  | 07 14   | 7.8 | 19 51     | 7.5 |
| 3 F                                | 06 47   | 7.3 | 19 20       | 7.2 | 3 M   | 07 56   | 7.9 | 20 33     | 7.5 |
| 4 SA                               | 07 30   | 7.5 | 20 03       | 7.2 | 4 TU  | 08 38   | 7.9 | 21 15     | 7.3 |
| 5 SU                               | 08 09   | 7.5 | 20 47       | 7.2 | 5 W   | 09 22   | 7.6 | 22 00     | 6.9 |
| 6 M                                | 08 51   | 7.5 | 21 32       | 7.0 | 6 TH  | 10 09   | 7.3 | 22 50     | 6.6 |
| 7 TU                               | 09 37   | 7.3 | 22 22       | 6.7 | 7 F   | 11 04   | 6.7 | 23 49     | 6.1 |
| 8 W                                | 10 28   | 6.9 | 23 18       | 6.4 | 8 SA  |         |     | 12 12     | 6.2 |
| 9 TH                               | 11 28   | 6.7 |             |     | 9 SU  | 00 57   | 5.8 | 13 29     | 6.0 |
| 10 F                               | 00 24   | 6.1 | 12 36       | 6.3 | 10 M  | 02 11   | 5.8 | 14 48     | 6.0 |
| 11 SA                              | 01 32   | 6.1 | 13 49       | 6.2 | 11 TU | 03 20   | 6.1 | 16 02     | 6.2 |
| 12 SU                              | 02 40   | 6.1 | 15 01       | 6.3 | 12 W  | 04 20   | 6.4 | 17 00     | 6.4 |
| 13 M                               | 03 44   | 6.3 | 16 08       | 6.4 | 13 TH | 05 08   | 6.8 | 17 48     | 6.7 |
| 14 TU                              | 04 39   | 6.6 | 17 08       | 6.7 | 14 F  | 05 50   | 7.0 | 18 27     | 6.8 |
| 15 W                               | 05 27   | 6.8 | 17 59       | 6.8 | 15 SA | 06 28   | 7.2 | 19 03     | 6.9 |
| 16 TH                              | 06 10   | 7.0 | 18 45       | 6.9 | 16 SU | 07 06   | 7.3 | 19 35     | 6.9 |
| 17 F                               | 06 50   | 7.2 | 19 25       | 6.9 | 17 M  | 07 38   | 7.2 | 20 04     | 6.8 |
| 18 SA                              | 07 29   | 7.2 | 20 01       | 6.8 | 18 TU | 08 08   | 7.2 | 20 32     | 6.8 |
| 19 SU                              | 08 03   | 7.2 | 20 33       | 6.7 | 19 W  | 08 39   | 6.9 | 21 00     | 6.6 |
| 20 M                               | 08 34   | 7.0 | 21 03       | 6.6 | 20 TH | 09 08   | 6.7 | 21 31     | 6.4 |
| 21 TU                              | 09 05   | 6.8 | 21 34       | 6.3 | 21 F  | 09 39   | 6.4 | 22 06     | 6.1 |
| 22 W                               | 09 38   | 6.4 | 22 09       | 6.1 | 22 SA | 10 17   | 6.1 | 22 51     | 5.7 |
| 23 TH                              | 10 16   | 6.2 | 22 52       | 5.8 | 23 SU | 11 08   | 5.7 | 23 55     | 5.5 |
| 24 F                               | 11 03   | 5.8 | 23 47       | 5.6 | 24 M  |         |     | 12 28     | 5.5 |
| 25 SA                              |         |     | 12 06       | 5.6 | 25 TU | 01 23   | 5.5 | 14 07     | 5.6 |
| 26 SU                              | 00 56   | 5.5 | 13 21       | 5.5 | 26 W  | 02 41   | 5.8 | 15 21     | 6.0 |
| 27 M                               | 02 10   | 5.6 | 14 36       | 5.7 | 27 TH | 03 43   | 6.3 | 16 22     | 6.4 |
| 28 TU                              | 03 13   | 6.0 | 15 41       | 6.1 | 28 F  | 04 36   | 6.9 | 17 16     | 6.9 |
| 29 W                               | 04 09   | 6.4 | 16 39       | 6.4 | 29 SA | 05 24   | 7.4 | 18 04     | 7.4 |
| 30 TH                              | 04 58   | 6.8 | 17 31       | 6.8 | 30 SU | 06 09   | 7.8 | 18 50     | 7.6 |
| 31 F                               | 05 45   | 7.3 | 18 20       | 7.2 | 31 M  | 06 54   | 8.1 | 19 34     | 7.8 |

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## Events at

### Fridhem Rest Home

**Pamper Evening on 10th July 6.30pm-9.30pm.**

Reflexology £5, Neck & Shoulder Massage £5 and

Gel polish (Nails) £10.

Please phone 01485 571455 to book yourself in.

Raffle & Refreshments.

\*\*\*\*\*

**Summer Fete at Fridhem on**

**Saturday 18th July 2.00pm-4.00pm.**

Stalls, Raffle, Games, Refreshments etc.

\*\*\*\*\*

**Fridhem's Scarecrow Hunt**

**Sunday 9th August**

from 12.00 midday onwards around the Village.

£2.50pp. Children must be accompanied by an adult.

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Come to Fridhem for your map and clues then hunt the Scarecrows...

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\*\*\*\*\*

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**Saturday 15th August 8.00am-12.00midday.**

£5 a stall

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## THE SONG REMAINS THE SAME Monthly musings on music by Frank Edmonds

*Get up and dance like it's 1999*

The Nineties seems like only yesterday ... or was that The Carpenters?! And yet, 1990 was all of a quarter of a century ago. How did that happen?

Does it really seem that long ago that Prince was vowing that he was “gonna party like it’s 1999”? Well, he actually wrote that in 1982 ... oh dear, this isn’t helping, is it?!

And as for those of you out there who weren’t even born in 1990 ... look, just don’t mention it, OK?

Point is, the Nineties may not have the cachet of cool claimed by the rock ‘n’ rollin’ Fifties, the Swinging Sixties, or the super-glam Seventies (er, was that actually cool? Never mind!). But there was still a lot of good music around ...

• MAMBO No 5 (A LITTLE BIT OF ...) Lou Bega (RCA, 74321696722, 1999, No 1)



*A little bit of ... Lou Bega*

“A little bit of Sandra in the sun / A little bit of Mary all night long / A little bit of Jessica, here I am / A little bit of you makes me your man”

There are some records that just make you want to get up and dance. You could be sitting there at some dance or party, resolutely not in the mood, telling yourself: “No! I’m not going to dance! Nothing’s going to make me!” And then a record like this one comes on ...

Mambo No 5 was originally a hit for Pérez Prado – The King Of The Mambo – the Cuban bandleader best known for instrumental hits such as Cherry Pink And Apple Blossom White.

In 1999 it was an unstoppable global hit for Lou Bega, whose trumpet-laden, mambo and jive version added lyrics, while also sampling the 50-year-old original. Completely irresistible, it topped the charts in no less than 17 different countries. In France, it was No 1 for a staggering 20 weeks – longer than any single has ever managed at the top in either the UK or the US.

Born David Lubega, Lou is a German musician of Italian and Ugandan descent. Originally a rapper, he fell in love with Latin sounds while staying in Miami, Florida, as a teenager, and developed a style combining modern beats with the sounds of the Forties and Fifties.

Well, some things are so good they just transcend all cultures, and all times. Altogether now: A little bit of Monica in my life, a little bit of Erica by my side, a little bit of Rita is all I need, a little bit of Tina is what I see ...

• IT’S OH SO QUIET Björk (One Little Indian, 182TP 7CD, 1995, No 4)

“It’s oh so quiet – shh! shh! / It’s oh so still – shh! shh! / You’re all alone – shh! shh! / And so peaceful until ...”

Björk ... don’t you just love her? Can there be anyone quite so happily, wonderfully delightfully bonkers as her in the whole of popular music? And I mean that in the best possible way, because as an artist, she is truly unique. From dressing up as a giant swan to attend the Oscars, to producing one of the first



*Oh so quiet ... Björk*

interactive albums that you can shape yourself, she’s always pressing buttons and pushing boundaries.

So it seems somehow appropriate that even when she records cover versions, they’re not just any old cover. Oh no. She has to go and choose a song so bizarre, that it virtually leaps out of the radio,



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whacks you round the head, and then jumps back in again, hoping no one noticed ...

Equally oddly, for a so very modern-sounding artist, It's Oh So Quiet is a song that first came to popular attention as long ago as 1951, when it was recorded by Betty Hutton – actually as a B side, to her single Murder, He Says. But even Betty's version was a cover – of a German song, Und Jetzt Ist Es Still (“And Now It Is Silent”), by Horst Winter, dating from 1948.

It's got a big band backing, and yet somehow still manages to sound timeless – mainly because it's sung with a sense of mischievous glee, literally lulling the listener into a false sense of security, before erupting into an explosion of noise and chaos. Put simply, it's great fun – in any decade.

In a colourful career encompassing many moments of breathtaking brilliance and a wide variety of musical styles, It's Oh So Quiet remains Björk's biggest hit single, spending 15 weeks on the charts and being certified gold. As opposed to just being certified, that is ...

• SMELLS LIKE TEEN SPIRIT Nirvana (DGC, DGCS 5, 1991, No 7)

“I found it hard / It's hard to find / Oh well, whatever, never mind”

Some songs are uplifting, some songs are joyful ... but then some songs just seem to capture the mood of a generation. They creep out of nowhere, sweep all else aside, and redefine the playing field for everybody else.

Teen Spirit, which regularly features in lists of the greatest and most influential rock songs of all time, thrust its parent album Nevermind into the public conscience, and spearheaded alternative rock and grunge as the new music of the decade. Nirvana went on to sell a staggering 75 million records – as many as The Police, Bob Marley or Aretha Franklin.



*Tortured soul ... Kurt Cobain of Nirvana*

And it introduced us to the tortured genius that was Kurt Cobain – although unusually, Teen Spirit was a group composition. Bassist Krist Novoselic had the idea of slowing down the main riff, to which Dave Grohl played an appropriate drum beat – thus producing the song's ear-catching dynamic.

Cobain often admitted that the quiet/loud Nirvana template was influenced by cult American indie band the Pixies – and indeed Teen Spirit was his attempt to write a song in their style. Well, there's nothing new under the sun. I seem to remember a similar sense of dynamics employed by a certain Led Zeppelin ...

And what of the song's title? Smells Like Teen Spirit has often been taken to have some kind of revolutionary meaning – but the answer, inevitably, is much more straightforward than that.

Cobain's friend Kathleen Hanna, singer with the band Bikini Kill, sprayed “Kurt Smells Like Teen Spirit” on his wall. What Cobain didn't realise at the time was that she simply meant he smelled like a US deodorant called Teen Spirit ... which his then-girlfriend used. Not quite so revolutionary after all, then!

• FEEDBACK: If you have any views, comments or suggestions you'd like to make about the column, feel free to contact me at: [oldlowestoftboy@gmail.com](mailto:oldlowestoftboy@gmail.com)

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## Register of Electors

This year's annual registration exercise starts towards the end of July and everyone will be responsible for their own registration. This is called Individual Electoral Registration (IER) and replaces the previous system which allowed one member of a household to register everyone who lived at their address.

The first part of the registration process is the issue of a Household Enquiry Form to collect the details of people aged 16 or over. Anyone new to an address or who is not currently registered under IER will then be sent an individual registration form.

The Electoral Registration Officer would very much appreciate householders' co-operation in completing the Household Enquiry Form as quickly as possible. A prompt response to any individual registration forms issued would also be helpful.

Online registration is now available at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) and only takes a few minutes. If anything is unclear, householders or individuals can contact the **Electoral Helpline on 01553 616773**.



  
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## Heacham History Group

At the Heacham History Group May meeting, John Maiden gave us a brilliant talk on 'Hunstanton; Now and Then'. He showed us lots of pictures of places many of us remembered as children, such as the old swimming pool, boating lake and of course, the pier. Those who have moved into the area recently, found it interesting to see how Hunstanton used to be and how it had changed.

We have started a photographic archive. If anyone has old photographs of Heacham which they would allow us to copy for the archive, please could you bring them to the meeting. Can you put them in an envelope with your name and contact details on, so we can return them safely.

The next meeting is on Thursday 9th July when Philip West will be talking on 'King's Lynn to Wells', looking at the development of the town of King's Lynn, Hunstanton as a holiday resort and a look at the North Norfolk Coastal villages.

All are welcome at 7.30pm in The Old Friends Hall, Sunnyside Close, Heacham, PE31 7DX.

Linda Nudds



## Old Friends Hall Photographic Exhibition

The Old Friends Hall, Sunnyside, will be holding a Photographic Exhibition 12th-13th September 2015. The exhibition will be displaying the talents of our local cameramen and women who may exhibit as individuals or as part of a club. Entry is free and, unlike last year, there is NO set theme to the exhibition so you can let your imagination soar.

For an entry form, or for further details, please contact the Parish Office (Tel 01485 572142) or call me on the telephone number below.

We look forward to hearing from you soon; closing date for entries will be late August.

**Roger Drinkwater (Tel 01485 571659)**  
On behalf of the Old Friends Hall Committee

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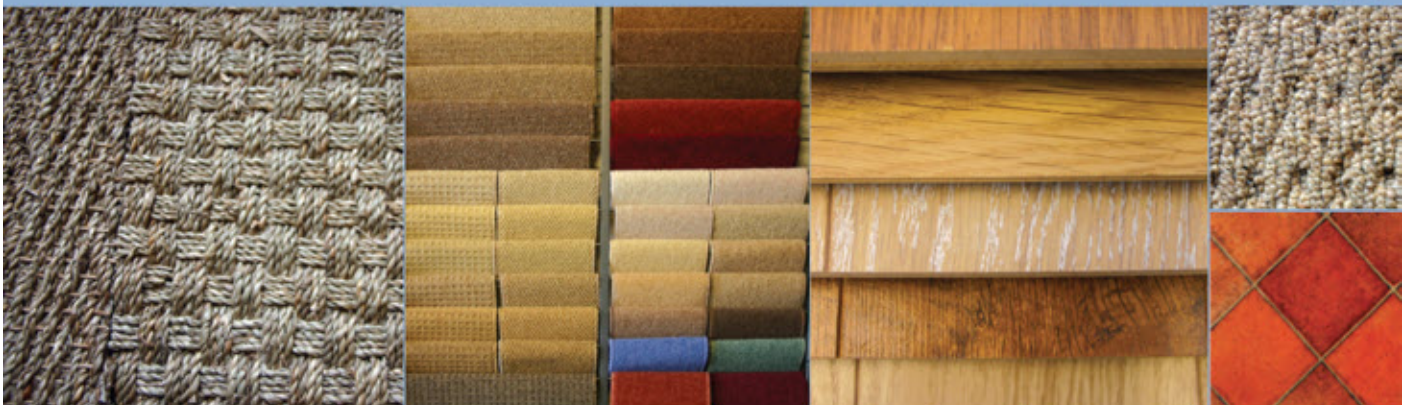
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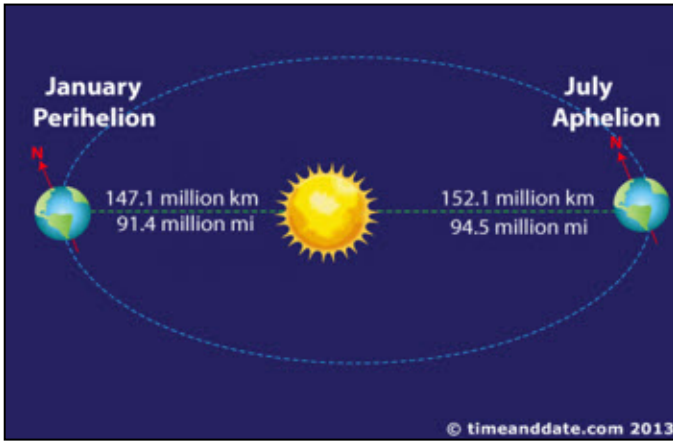
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HOW TO FIND US



## Heacham at Night

The Sun is at its furthest point from us (aphelion) on 6th July at 20.41 BST. See if you notice.



*Ellipse is exaggerated. The orbit of the Earth is almost circular.*

Not seen Saturn yet? My fault I expect as I still haven't sorted a Saturn viewing. It has been easily visible from Heacham on a few nights and will continue to be so during the first half of July. After that it sets before midnight and the nights, unfortunately, are still light.

Saturn's rings have proved visible in the recent twilight at about 10pm even through thin cloud. On 10th June I was able to look at Saturn's rings, Jupiter's Galilean Moons, and Venus, plus the bonus of the International Space Station going overhead; on the 11th, all three planets again, plus two hedgehogs and a bat. Night time observing has its bonuses. The half phase of Venus was also clear through a filter to remove glare. Try using Polaroid sunglasses over binoculars or a camera lens. You will have to try this quickly as Venus is diving down the sky and will effectively vanish from view by the end of July.



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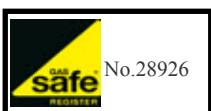
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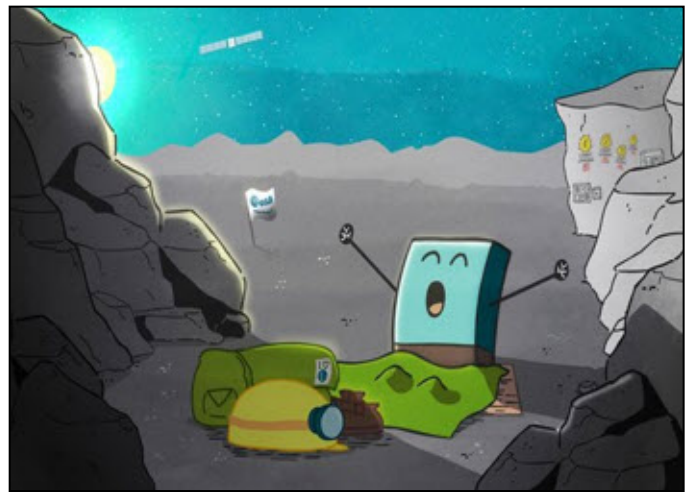


"all work fully guaranteed"

Early in the month, from about 10pm, look for Saturn a little south of west, about 40° above the horizon; as the month progresses it will move further west and lower. The bright star Antares will be to the east and south of it, at about the 8 o'clock position and Spica will be further west. From the 22nd to the 27th you can watch the Moon wax as it passes Spica (23rd), then Saturn (26th) and Antares (27th).

The annual Perseids meteor shower starts around the 13th but the peak is next month on August 11th – 12th when there will be no moon to wash them out.

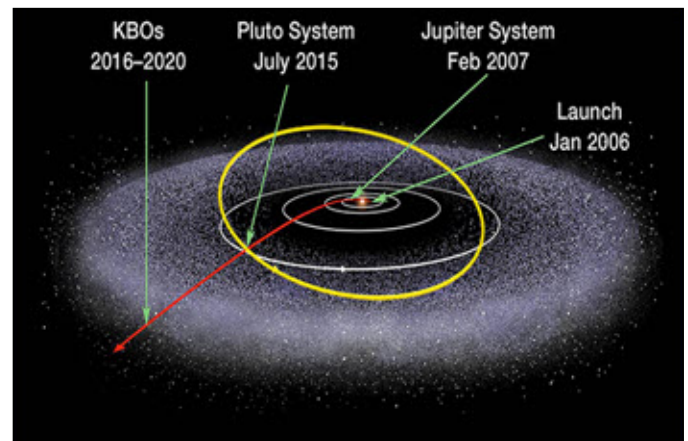
Anyway, there is a lot going on in space above your heads. At the time of writing, Philae – the comet lander – is in the news because it came back to life after getting a bit more sunlight on its solar cells. It is hoped the on-board batteries will now charge and enable the planned programme of chemical analysis and drilling to proceed. Closest approach to the Sun is on 13th August. I wrote about British involvement with Philae in the May newsletter.



ESA

During the latter half of July, if you look a tad to the north and east of Aldebaran (use Stellarium, available in the library, to help you find this) at 5am in the morning you will be looking at Philae. Give it a wave to welcome it (close) to home.

Rosetta, Comet 67P's orbiter and its passenger, Philae, took about 10 years to arrive on site. The New Horizon spacecraft, about to flypast Pluto on July 14th, will have taken just under 10 years to go a whole lot further. It is the fastest object ever launched and has been travelling at over 50,000mph since it got slung around Jupiter, in 2007 to give it a boost.



NASA

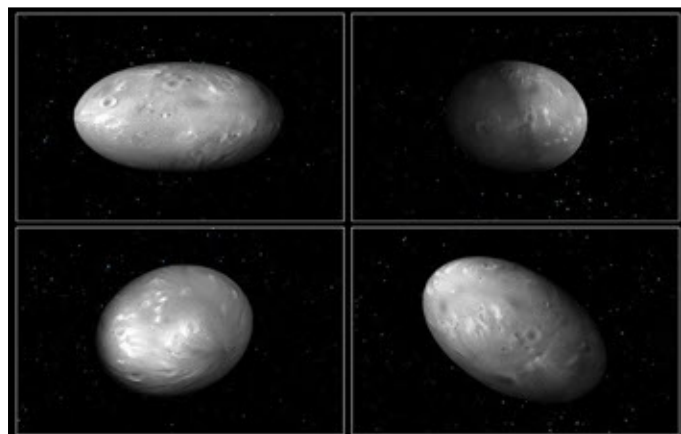
The reason for the rapid journey is to reach Pluto before it moves further away from the Sun on its very elliptical path and gets

even colder. In Pluto's winter its atmosphere is expected to freeze out and much of the planet will be in darkness for decades. Launching it in January 2006 also found Jupiter in the right place, a year later, for the gravity assist. As Mr Hammond would say, 'There are some really clever people working all this out'.

New Horizon's electrical energy is provided by a radioisotope thermal electric generator. This provides a lot of spare heat, some of which is used to keep the very well insulated craft between 10°C and 30° C. On board electronics consequently do not suffer from the cold of space which is at minus 270° C.

New Horizons will be 3,000,000,000, three billion, miles away when it shoots past Pluto at a distance of just 7,750 miles. The craft will go right between Pluto and its largest moon Charon, avoiding other moons and space debris on the way. At least, it is hoped it will. A long range camera has been scanning the planned approach trajectory and a minor course correction has been made as I write this. Control is not instantaneous as it takes four and a half hours to send a signal to the craft and the same time to get a reply.

Horizons can be directed to should it get its mission extended. Two objects are already lined up. (See second diagram below).



*Recent images of Pluto taken by the long range camera. Pluto is circular; the camera system shows a 360° view as Pluto rotates. NASA*

The craft navigates by tracking stars and ensures its radio antenna always faces back towards Earth. Such is the accuracy of control that, as it passes Pluto and Charon, the antenna will look at Earth through Pluto's atmosphere; the small effect this has on received radio signals and light will then be used to help determine what Pluto's atmosphere is. New Horizons will see the Sun and the Earth set beyond Charon.



*A deep space antenna in the USA used to communicate with New Horizons. NASA*

During the mission astronomers have been looking beyond Pluto to find Kuiper Belt Objects, KBO's, (minor planets) that New

Horizons will have gone past it about 9 hours previously - it will be 450,000 miles beyond it. Give it a wave goodbye but remember by the time your signal arrives, New Horizons will be another quarter of a million miles towards the unknown objects in the Kuiper Belt.

And now for Lunar Mission 1, the crowd funded Lunar Lander due to be launched in around 10 years. I went to the first meeting of sponsors which was held at The Royal Institution, London, at the end of May. Several hundred attended and it was a very mixed group with a wide age range including many most likely in their early twenties. I have the mission pin and the T shirt.



The mission is to land a craft close to the south pole of the Moon adjacent to the Aitken Basin, likely the largest impact crater in the Solar System and certainly the largest and deepest on the Moon. This has been chosen as there are no other missions planned

there and it provides opportunities to investigate water ice deposits and minerals thrown up from deep within the Moon. There may also be opportunities for some novel radio astronomy.

A drill will remove rock cores to a depth of between 20m and 100m and stack them for a future lunar mission to retrieve. The drill holes will be the repository for both public and personal electronic data. The personal data will also include DNA of those who provided the money (from £60) in the form of hair samples. The repository will be designed to last up to a billion years and future access will be catered for. So I might return just in time to stop thousands of caravans appearing on the Moon.

So, August approaches and, as planets will not be very favourably placed I will look at the Moon and report on anything new from Philae and New Horizons.

**Terry Parish**

## Heacham Judo Club

On 14th June, Heacham Judo Club hosted the South Eastern Area Banded Competition. A mix of juniors and seniors took part with the youngest being 5 years old. Everybody had a great day and tried their best. Each banding was awarded a Player of the Day and the club won each of them. Congratulations to all who took part and thank you goes to everyone who helped with the event.

Results are as follows:

### Novice to Yellow

Gold - Charlie Isbill, Seren Cartwright, Cameron Hewson  
Silver - Caleb Edwards, Benjamin Jutsum, Zara Jutsum, Adam Sanderson  
Bronze - Alex Caldicott  
Player of the Day - Seren Cartwright

### Orange to Green

Gold - Dylan McKenna, Joseph Tucker, Astrid Hubbard  
Silver - Thomas Wicklen  
Player of the Day - Joseph Tucker

### Blue to Brown

Gold - James Wicklen, Jake Lammas  
Silver - Courtney Cobb  
Bronze - Shannon Tucker, Oliver Shaw  
Player of the Day - Courtney Cobb

### Seniors

Gold - Harry Sands, Bethany Gedge  
Silver - Josh Chilvers, Kristina Wilkes  
Bronze - Aiden Hunter, Callum Hunter, Georgia Rudd, Alison Kellythorn  
Player of the Day - Bethany Gedge

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## Would you like to learn Bridge?

A little bit more on bidding this month

As I have mentioned in previous articles, the bidding process is a two way conversation with one's partner to work out which suit you should be playing in (if any) and how many tricks you are going to try and make.

This month I want to concentrate on your reply to your partner's opening bid.

Let us assume that your partner has opened 1♥ and your opponents do not have enough points to bid. The opening bid shows that your partner has at least 12 points (he could have 19) and a 4 card heart suit. That is all you know at the moment. Let us look at various scenarios:

1: You have less than 6 points – You must pass – there is no point at all in bidding on rubbish!!

2: You have between 6 and 9 points and you have 4 hearts. Excellent – you like your partner's suit and that is the suit you want to play in. Now how many points have you got between you? Your partner may only have 12 but he could have as many as 19. So what do you do? To find out the strength of your partner's hand, you would bid 2♥, a single raise in his suit, telling him exactly what you have got. If he has a strong hand, he will carry on, if not, he will pass.

3: You have between 10 and 12 points and 4 hearts. Again excellent and similar to the above. However, remember that you need a total of 25 points to bid a game (4♥) and therefore your partner will only need 15 points to achieve that aim. Therefore you bid 3♥, a double raise to show him you have more points and leave the decision up to him. You can always blame him if it does not work out!!

4: If you have more than 12 points and 4 hearts, you might as well bid 4♥ straight away as you know that as a pair you have 25 points between you. OK you might on occasions miss a slam (12 tricks) but that is not very common.

5: You have between 6 and 9 points but no support for your partner which is disappointing. You have to bid as your partner could have 19 points. What do you do as you are not very strong? You can bid a four card suit at the one level – i.e 1♠ or if not which is probably more likely you bid 1NT. This tells your partner – sorry mate I have 6 to 9 points but I do not like hearts – over to you.

6: You have between 10 and 12 points but no support for partner. A better hand but you need to try and find a fit in another suit. Let us assume you have 5 diamonds, you would bid 2♦. This gives partner a good idea what you hold and he will act accordingly. He may support your diamonds or try another suit or bid no trumps if he has a balanced hand. Again it is up to him, you have done your bit.

7: If you have more than 12 points and no support – you want to be in a game but there is no hurry. Again as in 6, bid your best suit and await partner's reply. He cannot pass as any bid in a change of suit is what is called a forcing bid and he must say something. You will make a decision depending on what he says. Of course if you have a balanced hand, you could bid 3NT directly as you have enough points. Less scientific but frequently effective.

A short quiz to finish with to see if you have been listening!!

Your partner has opened 1♦, what would you bid with the following hands

- |                 |            |              |              |
|-----------------|------------|--------------|--------------|
| 1: ♠ J,7,6,4;   | ♥ 8,5;     | ♦ J,8,6;     | ♣ Q,10,9,8   |
| 2: ♠ J,7,6;     | ♥ K,5;     | ♦ J, 10,8,6; | ♣ Q,10,9,8   |
| 3: ♠ J,7,6,4;   | ♥ K,5;     | ♦ J,8,6;     | ♣ Q,10,9,8   |
| 4: ♠ J,7,6;     | ♥ K,10,5;  | ♦ J,8,6;     | ♣ Q,10,9,8   |
| 5: ♠ J,7,6 ;    | ♥ K,8;     | ♦ A,J,8,6;   | ♣ Q,10,9,8   |
| 6: ♠ J,7,6 ;    | ♥ K,8,7,5; | ♦ A,J;       | ♣ Q,10,9,8   |
| 7: ♠ J,7,6 ;    | ♥ K,8;     | ♦ A,J,8;     | ♣ Q,10,9,8,7 |
| 8: ♠ K,7,6 ;    | ♥ K,8,5;   | ♦ A,J,8;     | ♣ Q,10,9,8   |
| 9: ♠ K,J,7,6 ;  | ♥ 8,5;     | ♦ A,J,8,6;   | ♣ Q,10,9     |
| 10: ♠ K,J,7,6 ; | ♥ A,J,8,5; | ♦ A,J;       | ♣ Q,J,9      |

See how you get on. Answers next month

Any queries to me on brb.carrick@gmail.com.

**Bob Carrick**

**FENSA**  
Reg No 13383

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# THE HEACHAM NEWSLETTER



This, the July 2015 edition of The Heacham Newsletter is the 250th edition of your village magazine/periodical. The first edition being published circ. 1992 as 'The Dairy News'.

The Dairy News was the brainchild of Keith Jacklin, the village milkman at that time. Over the 23 years since that first edition, the Newsletter has grown into the 44 plus page publication we see today.

To celebrate this momentous event we detail below a timeline of notable changes, publications and inserts.

**1992** – First edition of 'The Dairy News' published. (Unfortunately, we do not have a copy of the first edition in our archive. The earliest copy we have; with thanks to one of our readers, is the 3rd edition, published in April 1992).

|  |  |
|--|--|
|  |  |
| July Issue   |  |
| <p>PRODUCED BY:<br/><b>Keith Jacklin</b><br/>YOUR DAIRY CREST FRANCHISEE<br/>HEACHAM DEPOT</p>   | <p>28th EDITION</p> <p>POUND LANE, HEACHAM, KING'S LYNN,<br/>NORFOLK, PE 31 7EP<br/>OFFICE: 570216 HOME: 534594</p>  |
| <p><b>INTRODUCTION</b></p> <p>Welcome to the 1st Heacham Newsletter I have produced, adapted from the previous Dairy News. Copies are available at Card Cabin, The Post Office, The Surgery &amp; the Parish Council Office, as well as delivered to all my customers. To ensure it is of a quality befitting the village your input is vital, wether an article, relevant cartoon, an item for forthcoming events or a photo/postcard of a past Heacham. You are also welcome to air your views within these pages, provided you are prepared to put your name to any such letter!</p> <p>I will not write editorials, or comment on local issues, but leave that to you. To be lectured by a milkman I suspect would be rather tedious! I hope you enjoy this little read, if not then Mum's the word!</p> <p>I must say did us proud, and if it had not been for the French Police blocking off the many roads all would have gone well. We visited some of the landing beaches and were made very welcome by many French. I shall not get over a mercedes pulling up and a real toff of a lady came up to me for my autograph! Then she said "Do you mind!" and kissed me on both cheeks! I shall never live it down with my friend. One event was a surprise, the pair sitting next to us I thought looked familiar. No wonder, we used to live two doors from each other in Ewell, Surrey.</p> <p>Altogether a very enjoyable 4 days which I could not have gotten through without Bill's eyes and guidance over tricky patches, thankyou Bill.</p> <p style="text-align: right;">Best wishes to all..... Harry Daw.</p> | <p><b>THE FIRST LETTER</b> 51 Folgate Rd<br/><b>HEACHAM MAN REVISITS 'D DAY' BEACH</b></p> <p>Dear Reader,<br/>Accompanied by Bill Hopkins we were among the veterans visiting France for the 50th Anniversary of D Day. I had previously served in the Middle East, and was wounded at The Mareth Line. With my unit, 50th Division, we returned to Scotland for strenuous training for the dreaded day.</p> <p>Our D Day began in earnest on the 5th June as we embarked in the worst weather ever, only those who spent the night on board can really understand how frightfull it was. However D Day went off like clock-work, some like me lucky, others not so lucky.</p> <p>As regards the 50th Anniversary, after a few hiccups with transport we found space on Media Travel, who</p> |

**July 1994** – The 28th Edition was the first edition published as The Heacham Newsletter. Originally there was a cartoon included on the front page of this issue but we have decided to 'cut' this out due to possible copyright issues as we now publish each edition on our web page.



**September 1995** - A list of Actual Notes Left For The Milkman was published as 'Reader's List of the Week'. We thought you may like to see them as they made us chuckle.

- 1) Please send me form for cheap milk as I am expecting mother
- 2) Please leave extra pint. Pay you tomorrow, in bed
- 3) In accordance with instructions, I have given birth to twins in the enclosed envelope
- 4) I have just had a baby. Would you please leave another one, each day
- 5) Please leave another pint, but if this note blows away, please knock
- 6) Please send me a form for cheap milk. I have a baby three months old and did not know anything about it until a friend told me
- 7) I require extra milk as I am stagnant
- 8) Please do not leave any more milk as you ignore my notes
- 9) Please send me a form for supply of milk for having children at reduced prices
- 10) I have a baby 12 months old. Thanking you for same



**March 1996** – The first committee meeting of the new Newsletter Volunteer Team was held on 12th March. April 1996 was the first edition produced by this team of volunteers.

**October 1998** – Was the last edition published with Keith Jacklin as editor.

**Under New Management**

# The Heacham Newsletter

A voluntary non profit publication  
November 1998



This newsletter reflects the views of its contributors, not necessarily those of the editors, any sponsoring body or advertiser. When contacting one of the advertisers please mention you saw their advert here first. Thank you.

## Editorial

As you may have heard there has been a bit of a do about the Newsletter recently. Unfortunately Keith has felt unable to continue as the editor, so we, the rest of the team, have decided to try and keep it going. To be realistic we will try and keep the Newsletter going for the rest of this year and then review the situation. As we have one less member of the team, and he was the person who put it all together, we have had to change the deadline for the Newsletter.

We still aim to publish the Newsletter on the first weekend of the month. To do this, as the Newsletter will be at the printers for a week, it will be put together at the end of the week before the last full week in the month. This sounds complicated but

allows us to be as flexible as possible. The deadline for any items to be included in the Newsletter will be the Monday of the week we put it all together. This will be the Monday of the last FULL week of the month. For the December issue this will be Monday 23rd November. We still want to publish your letters and items

of news so please do stay in touch. We cannot accept any anonymous letters or items, in case we need to check facts. Items for inclusion can be left with any of the team at the addresses below. We are at the moment looking for a point where all items can be dropped off, all ideas welcome. We would also welcome any comments on how we are doing or things you would like to see included in the Newsletter, but remember the nicer you are about us the more inclined we will be to listen.

The distribution will also have to change, some of you will be used to finding the Newsletter with the milk. We are unable to carry on with this but we hope to have Newsletters in all the usual shops so please pick up a couple if you know your neighbours don't always get out and would like one. Finally we would like to thank Keith for all the hard work he has put into the Newsletter over the years and we hope that we can keep up the very high standard he set us.

The Editorial Team

**November 1998** - 'Under New Management' The Editorial Team published their first edition without Keith Jacklin as editor.

**March 2006** – The Newsletter Team were awarded a Mayor's Civic Award for Voluntary Service.



**September 2010** – The production of our first 'Annual Special Edition' with four pages of colour photos of village events.

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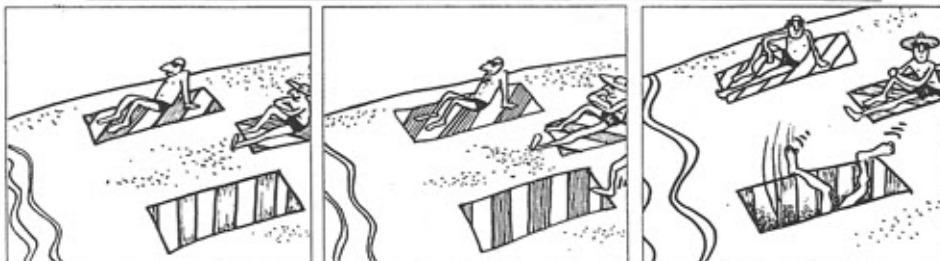
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Julian Geraghty,  
Jayne Caley, The Parish  
Christine Wilson,  
Tom Healey,  
Molly Graby,

Produced with financial assistance from Heacham Parish Council

### WHEN ON NORTH OR SOUTH BEACH BEWARE OF HAZARDS OF THE SEA SHORE!



**THE HEACHAM NEWSLETTER**  
September 2010

The newsletter reflects the views of its contributors, not necessarily those of the editors, any sponsoring body or advertiser. When contacting one of the advertisers please mention you saw their advert here first. Thank you.

**HEACHAM'S GILDED SUMMER, 70% WIFE, CARIBBEAN and CHILDREN'S ACTIVITIES** Details Page 17 Gates & Back

**Deadline for the next edition is 12 noon, Thursday, 14th September**

THE HEACHAM NEWSLETTER is published 12000 copies every month of the NEWSLETTER

**February 2014** – The Newsletter decided to go over to colour printing and we are sure that you agree with us that this has been very successful.

Which leads us to: - **July 2015, and our Anniversary Edition**

We, the current Newsletter Volunteer Team would like to take this opportunity to thank all of our advertisers, contributors, loyal readers and the Parish Council for your input and continued support over the last 23 years. Your continued input and support makes it all worthwhile.

## WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane  
MC = Methodist Church Hall, Station Road  
SM = St Mary's Church Hall, High Street

OFH = Old Friends Hall, Sunnyside  
PRH = Pine Residents Hall, Wilton Rd  
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club  
PH = Public Hall  
NC = Neville Court

### MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room  
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)  
Coffee Morning 10.30am Tel : 570492  
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey  
07900 818311 (PH)  
FITSTEPS 1.15 - 2.15pm To book Tel:Jaime 571395 or  
07765433100 or email jaimefitsteps@gmail.com (PH)  
ROLLASON STAGE SCHOOL Dance Classes 6yrs+  
Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm  
Tel:579074 (PH)Top Room  
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5  
– 6pm Contact Tel: Kathryn 572138 (MC)  
JUNIOR TENNIS 5-6pm (weather permitting) Tel:  
07923612187 Janice Campbell (HSC)  
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School  
Contact Sandee Tel: 01485 570485  
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14yrs )  
7 - 9pm Tel: Seb 07477 511116 (SG)  
HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)  
INDOOR BOWLS CLUB 7pm (MC)  
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)  
HEACHAM WIVES GROUP – 2nd Monday of most months at  
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

### TUESDAYS

ACTIVE FOR LIFE exercise classes for those aged 60 or over  
or at risk from Osteoporosis held at Heacham Surgery  
Classroom 10-11am Tel : Pat 298429 or Lynn 579125  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact  
Kath Manning-Coe Tel : 01553 774343 (SM)  
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat  
at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen  
07833747059 or just come along (MC)  
WEIGHT WATCHERS 6pm Tel:Alison 07796 904311 (OFH)  
ZUMBA 7-8pm £4 per class or £7 for both Tuesday &  
Wednesday classes Tel: Michelle 07585002124 (SG)  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday  
7.30 – 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM & SANDRINGAM CAMERA CLUB meets 1st &  
3rd Tuesday monthly 7.30pm Sandringham Club West Newton  
Email: heachamdigitalcamerclub@yahoo.co.uk or call Viv for  
info on 07906056019  
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel:  
570402 (PH)  
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds  
HEACHAM BOOK CLUB 3rd Tuesday monthly  
Tel: Beth 570479  
LINE DANCING Absolute Beginners 6-7pm  
Beginner/Improvers 7-9pm £3 Contact Diane 571166 (SM)

### WEDNESDAYS

CAR BOOT SALES 7am to 12noon Gate opens 6.30am  
(HSC Sports Field)  
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar  
Ave Heacham £35 per day or £20 part of a day (personal budget  
holders & self-funders welcome) Tel: Joyce Armstrong  
07704338775 www.westnorfolkmind.org.uk  
SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2  
Tel: Clare 07816913657/Jo 07521447284 (SG)

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)  
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet  
for a 'Coffee and a Chat' the last Wednesday of the month  
10.30am at Norfolk Lavender Tel: 570742 or 579126  
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd  
& 4th Wednesdays monthly (PC)  
HEACHAM LITTLE DRAGONS Korean martial arts of self  
defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)  
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark  
07561303886 (HSC) playing fields  
SENIOR TENNIS from 6.30pm (Thursdays if wet) Tel:  
07923612187 Janice Campbell (HSC)  
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–  
8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek  
01553 674779 (PRH)  
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3.  
Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 3rd Wednesday  
monthly @7.30pm New members welcome Tel: 579465.(PC)  
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)  
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851  
Peter Gray www.westnorfolksingers.org.uk/ (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5  
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

### THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older  
people dementia friendly) 9.30–3pm For info see Wednesday  
TABLE TENNIS CLUB 10am (PH Top Room)  
ACTIVE FOR LIFE see entry on Tuesday  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
MOTHERS' UNION 4th Thursday monthly 2pm (SM)  
TREFOIL GUILD 1st Thursday monthly 2 - 4pm  
Tel: 07813014477 Mary Harpley (PRH)  
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for  
over 60's) Tel: 570492  
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)  
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084  
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)  
1st HEACHAM CUBS ages 8 – 10yrs  
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)  
SOCIAL EVENING Table games and darts 2nd Thursday  
monthly 7.15pm (MC)  
FLOWER CLUB 4th Thursday monthly 7.30pm Flower  
arranging & demonstrations Tel:Alayne Seymour570560 (SM)  
RAO BUFFALOS 8pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Renee Smith or Barbara  
Fargher silverlinings@gmx.co.uk or Tel: 570534 (SM)  
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last  
Friday of the month at 2pm  
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to  
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)  
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi  
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu  
Tel: Derek 01553 674779 (PRH)  
INDOOR BOWLS CLUB (Carpet) 7pm (MC) CASH  
BINGO 7.30pm (PH)  
WILDFOWLERS CLUB 1st Friday monthly 7.30pm  
(HSC Top Room)

## **SATURDAYS**

HEACHAM YOUTH CLUB Term Time School years 6-11  
Tel: Tracey Swann 07833 307856 (SM)

### **HEACHAM DIARY**

**Saturday 4th July** GIG 'Mark Wilkinson's Jazz Quartet'  
8.30pm at Fox & Hounds Station Road

\*\* GIG 'Travis Graham' at Silver Sands

**Sunday 5th July** GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

\*\* 'Heacham Beach Party' 5-7pm Hawaiian Theme Tattoos  
Kite Making Sandcastle Competitions BBQ Andy Groom  
Roadshow and lots more Party passes £4 For info Tel:572142

**Tuesday 7th July** GIG 'Adenland' 8.30pm at the Fox Hounds  
Station Road

**Thursday 9th July** Heacham History Group a talk by Philip  
West 'King's Lynn to Wells.' 7.30pm at the Old Friends Hall  
Sunnyside All Welcome

**Friday 10th July** 'Pamper Evening' 6.30 to 9.30pm at Fridhem  
Rest Home Station Road Reflexology £5 Neck & Shoulder  
Massage £5 Gel polish (Nails) £10 To book Tel: 571455  
Raffle & Refreshments

\*\* GIG 'DNA' 8.30pm at Heacham Social Club

\*\* GIG 'Ed & Laura' 8.30pm at the Fox & Hounds Station  
Road

**Saturday 11th July** 'Farmers Market - Food Fair' at Palm  
Beach Holiday Resort Jubilee Rd North Beach 10.30am – 1pm  
All local Produce & Suppliers

\*\* Heacham Infant & Nursery School 'Summer Fete' 12-4pm  
Raffle BBQ Craft Stalls Bouncy Castle & Slide Games Fun  
for all the family

\*\* GIG 'Tony G' at Silver Sands

**Monday 13th July** Heacham Group Practice 'PPG Meeting'  
7.30pm at Heacham Surgery QEH Updates and a talk 'Living  
with Stroke' All Patients Welcome

**Tuesday 14th July** GIG 'T.B.C.' 8.30pm at the Fox & Hounds  
Station Road

**Friday 17th July** GIG 'Against the Grain' 8.30pm at the Fox  
& Hounds Station Road

**Saturday 18th July** 'Summer Fete' 2 – 4pm at Fridhem Rest  
Home Station Road Stalls Raffle Games Refreshments

\*\* GIG 'Mark Joseph' at Silver Sands

**Sunday 19th July** 'Classic Cars' return to the Fox & Hounds  
Station Road at 3pm

**Monday 20th July** 'Bingo' at Fridhem Rest Home Station Rd  
Eyes down 7pm sharp Refreshments Come & join us

**Tuesday 21st July** GIG 'The Black Dogs' 8.30pm at the Fox  
& Hounds Station Road

**Thursday 23rd to Sunday 26th July** '15th Annual Beerfest'  
at the Fox & Hounds Station Road Lots of Real Ales Ciders  
& The Best Music

**Thursday 23rd July** GIG 'The Immigrants' 8.30pm at the  
Fox & Hounds Station Road

**Friday 24th July** GIG 'Crossing the Tracks' 8.30pm at the  
Fox & Hounds Station Road

**Saturday 25th July** 'Messy Church' at St Mary's Heacham  
10am–12 noon 'Summer Picnic' Families need to bring their  
own lunch

\*\* 'Radical Hospitality' from 2.30pm at Heacham Methodist  
Church Station Road Inspiring & Joyful Music for heart &  
soul by 'Revelation' and '2 Yanks and a Brit' Free food &  
refreshments Just drop in

\*\* GIG 'Soul Strip' 8.30pm at the Fox & Hounds Station Road

\*\* GIG 'Big D' at Silver Sands

**Sunday 26th July** GIG 'East Anglian Brass Band' 1.30pm at  
the Fox & Hounds Station Road

**Friday 31st July** GIG 'Jam with DNA' 8.30pm at the Fox &  
Hounds Station Road

**Sunday 2nd August** 'Heacham Carnival Parade and Fete'  
Parade departs from College Drive at 1.45pm Prizes for the  
best floats Giant all day car boot from 6am on the sports field  
Registration Forms obtainable from the Parish Council Office  
For more information Tel: 572142 (Parade) 572120 (Fete)


**Saturday 8th August** 'Steam Rally' visiting the Fox & Hounds  
at 4pm

**Saturday 8th & Sunday 9th August** 'Heacham Horse Show'  
to be held at Lamsey Lane Heacham For more details email  
heachamhorseshow@yahoo.com Tel: 07879632514 or go to  
www.heachamhorseshow.weebly.com

**Sunday 9th August** 'Fridhem's Scarecrow Hunt' from  
12noon Starting and ending at Fridhem Rest Home £2.50pp  
Children must be accompanied by an adult Come to Fridhem  
for your map and clues Many stalls Raffle Hog Roast

**Saturday 29th August** 'Fundraising event in aid of Scotty's  
Little Soldiers' 10am-2pm at Pioneer Holiday Park South  
Beach Road

**Saturday 12th & Sunday 13th September** 'Photographic  
Exhibition' at the Old Friends Hall Sunnyside For an entry  
form or further details Tel: Parish Office 572142 or Roger  
Drinkwater 571659

Please turn to the next page for 'Other Events' 

### **Don't Panic Mr Mainwaring!**

In support of the charity "Scotty's Little Soldiers" see local  
fundraiser David Foulkes get arrested for trying to steal a tank  
and will spend the day in prison! David will be at the  
Muckleburgh Military Collection, Weybourne from 10am-4pm  
on Sunday 26th July.

## **SILVER SANDS PUBLIC HOUSE NORTH BEACH**

**NOW OPEN DAILY FROM 12PM  
FOOD SERVED ALL DAY UNTIL 9PM  
TAKE A STROLL DOWN TO THE  
BEACH & STOP OFF FOR A COOL  
BEER & A BITE TO EAT  
THURSDAY NIGHT - STEAK NIGHT £6.95  
FRIDAY NIGHT - CURRY NIGHT £5.95  
SUNDAY - TRADITIONAL SUNDAY ROAST £6.95**

**ENTERTAINMENT EVERY WEEKEND**

**WITH ACTS TO FOLLOW**

**July 4th - TRAVIS GRAHAM.**

**July 11th - TONY G.**

**July 18th - MARK JOSEPH.**

**July 25th - BIG D.**

**EVERYBODY WELCOME**

**FOR MORE INFORMATION FOLLOW US ON  
FACEBOOK SILVER SANDS.  
PHONE 07779 011937  
FAMILIES WELCOME**

## OTHER EVENTS

**Saturday 4th July** 'Summer Fair' at the Union Church Hunstanton 10am-1.30pm Tea/Coffee & Lunches

\*\* GIG 'Waddo' at Hunstanton Conservative Club

**Sunday 5th July** Snettisham 'Open Gardens Event' 2-5pm

**Thursday 9th to Sunday 12th July** Hunstanton & District Festival of Arts 'One-Act Drama Festival 2015' 7pm and 2.30pm (Sat&Sun) at the Princess Theatre Hunstanton

**Friday 10th July** Sedgeford Village Hall Film Night present 'The Second Best Marigold Hotel' 7.30pm Admission £5 (includes a glass of wine) For info Tel: 579355 or 570097

**Saturday 11th July** GIG 'Delta pilots' at Hunstanton Conservative Club

**Sunday 12th July** 'Art and Craft at Holme' an Exhibition of crafts and artwork 12-4pm at Holme Village Hall Free entry

**Wednesday 15th July** 'Poetry Morning' at Hunstanton Town Hall Basement 10.30am to 12noon Entry £2

**Thursday 16th to Saturday 18th July** 'Flower Festival' at St Nicholas Church Dersingham 10am to 6pm

**Saturday 18th July** 'Music on the Field 2015' 2 – 10pm at Thornham Playing Field High St Thornham Live Acts Tickets £10 (under 12's accompanied by an adult free) Free Parking

\*\* GIG 'Mike Shelby' at Hunstanton Conservative Club

**Sunday 19th July** 'Car Boot Sale' at Smithdon High School 8am to 1pm £5 (cars) £10 (large vans/cars with trailers)

**Saturday 25th July** Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

\*\* GIG 'Karaoke with David George (AKA Elvis)' at Hunstanton Conservative Club

**Saturday 25th & Sunday 26th July** 'Norton Hill Light Railway' Entry £1 (child free) Train Fare £1.50 for 1km ride Refreshments Games Stalls

**Sunday 26th July** RAF Bircham Newton Heritage Centre '10th Anniversary Celebrations' 2pm-5pm Free entry&parking

\*\* Hunstanton Community Choir at 'Chalkfest' 3pm at Ringstead Chalk Pit Free entry Donations to Charity

**Tuesday 28th & Wednesday 29th July** 'Music at Dersingham' 7.30pm (Tue&Wed) 11am (Wed) at St Nicholas Church Dersingham for tickets Tel: 01603 628219

**Tuesday 4th August** Hunstanton Lifeboat 'Sandcastle Competition' 2pm at Old Hunstanton Beach Entry £1

WANT TO PLAY BRIDGE? Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

SEDFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Tues & Thurs** afternoons 12.30-3.30pm (term time) Sedgeford Primary School Ringstead Rd Sedgeford – Tel: Jane 01485 579489

### Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman) 535065 or Barbara (Secretary) 571484  
FITSTEPS 6.30 – 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

FIRE CADETS at Hunstanton Fire Station 7–9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

### Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: brancasterbabyandtoddlergroup@yahoo.co.uk

COASTAL STROKE GROUP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

LINE DANCING 1.30 – 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £3 per session For info Tel: 532392

### Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 576233

RESTORATIVE YOGA 10 - 11am Sedgeford Village Hall Contact Sandee Tel: 01485 570485

SING FOR WELLBEING Snettisham Community Choir 10am–12noon at St Mary's Church Hall Snettisham For info Tel:Carol O'Neill on 01328838616

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon For info please Tel: Sue 570823

NICE & GENTLE Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

CATKINS TODDLER GROUP – Wed afternoons 1.00-3.00pm term time only Sedgeford Primary School Ringstead Rd Sedgeford – Tel: 01485 579489

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

WEST NORFOLK TAI CHI CHUAN – weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

### Thursdays

LINE DANCING 10.30am – 12 noon at Hunstanton Community Centre £3 Tel: Diane 571166

ROLLASON STAGE SCHOOL Musical Theatre class All ages 4.30 – 5.30pm at Hunstanton Town Hall Basement

For info Tel: 579074

CHILLATES 6-7pm £4 pp at Hunstanton Town Hall Basement Tel: 579074

FITSTEPS 6.15 - 7.15pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Door to door taxi service - £2 For more info Tel: Pat Reilly 572271

### Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10–11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details)  
ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579074

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For info Tel: Ian 07806 622154

### Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

ROLLASON STAGE SCHOOL with Lucy Rose Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For information re attendance Tel: 579074

INDIE ARTS CLUB 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free Tea or Coffee 50p Book in advance via email: bookings@wattsington.com

### Sundays

CAR BOOT SALE at Glebe House School Hunstanton

# around and about...

## Art and Craft at Holme

An exhibition of traditional crafts and artwork  
at Holme Village Hall

Sunday 12th July from 11.00am till 4.00pm.

Raising funds in aid of the 'Penny Brohn Cancer Centre'  
Registered Charity No 284881

FREE ENTRY

## Community Cinema

### Cinema in Syderstone

Presents:

On Saturday 18th July 2015

### "What We Do in the Shadows" (15)

This spoof documentary (from New Zealand) follows the lives of three flatmates who are just trying to get by and overcome life's obstacles. The difference is that they just happen to be vampires. There are some hilarious riffs on undead stereotypes - how do you check your outfit if you can't look in the mirror? - while the script cunningly plays with your expectations. "This is bloody hilarious" (Radio Times).

Venue: Amy Robsart Village Hall,  
Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

Email: [cinema@syderstone.com](mailto:cinema@syderstone.com)



## Music on the Field – Thornham 2015

### Thornham Playing Field

High Street, Thornham PE36 6LX

(West end of the village on A149 adjacent to the Deli).

Saturday 18th July - 14.00 - 22.00

8 great live acts including well known local favourites Jimmy Rockit, Pennyless, Blues Tubes, Laura & Sounds Easy Jazz trio, Fried Pirates, NexTime, Harry Rewound and the return of the Rocking Bishop of Lynn.

Real ale bar, BBQ, Indian food, Refreshments, Face painting for Kids and Play area.

Info: [www.thornhamvillagehall.co.uk](http://www.thornhamvillagehall.co.uk)

Tickets at gate - Adults £10.00; under 12s accompanied by an adult Free.

Free on-site parking, disabled access and toilets.

All proceeds to Village Hall and Playing Field funds.

## SEDEGEFORD VILLAGE HALL

### Film Night

Presents:

On Friday 10th July 2015

### "The Second Best Marigold Hotel" (PG)

The follow up film with the same excellent cast including Judy Dench, Maggie Smith and Bill Nighy. The film also has Richard Gere staying at the hotel.

Venue: Sedgford Village Hall,  
Jarvie Close, Sedgford. PE36 5NG.

Start time: 7.30pm.

Admission (incl glass of wine): £5.00 – Payment on the door

Contact 01485 579355 or 570097 for more information



## Do Something Amazing Today

Save a Life

From 195 invitations, **93** people attended the blood donor session at the Public Hall on 27th May and **83** units were collected. There were **6 new donors** at the session. Thank you all. The next visit to Heacham which will be on **Wednesday 16th September 2015**. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information [www.blood.co.uk](http://www.blood.co.uk)

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| Crystal Healing            | Tarot Readings      |
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| Foot Care Clinic           | Reiki Attunements   |
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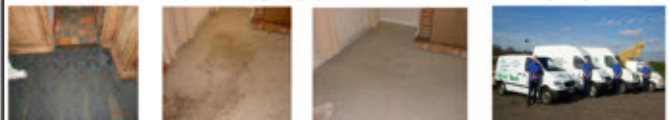
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## Brancaster Camera Club

Our meetings take place in Brancaster Staithe Village Hall at 7.30pm on the relevant evenings. Entrance is £3 to include coffee, etc. Visitors are always welcome.

### Tuesday 14th July 2015

Something special:

'Art in Photography - something different' by Adrian Stone  
Adrian is a marvellous photographer who has been to us before and this should be a very good evening.

### Tuesday 28th July 2015

Digital Competition

Judge John Wilcox

For more information about our club, please contact Jim Till (Chairman) 01485 210013 or Wendy Calow 01553 674725. We will be pleased to see you.

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## Hunstanton Conservative Club

The following entertainment will be taking place at the Hunstanton Conservative Club for the month of July:-

4th July - Waddo

11th July - Delta Pilots - Members free, Guests £2

18th July - Mike Shelby

25th July - Karaoke with David George (AKA Elvis)

Members free; guests £1.

**Eileen Hamilton**

**Chairman**

## NEWSLETTER SUDOKU No. 93

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 6 |   |   | 7 |   |   | 4 |   |
| 3 | 4 |   |   |   | 8 | 5 | 6 |   |
| 1 |   |   |   | 4 |   |   |   |   |
|   |   | 6 |   |   |   |   | 3 |   |
|   | 7 | 8 |   | 6 | 9 | 4 |   |   |
|   | 9 |   |   | 2 |   |   | 7 |   |
|   |   | 4 |   | 1 | 7 |   |   |   |
|   |   |   | 5 | 8 |   |   | 2 | 4 |
| 6 |   |   |   |   |   | 9 | 8 |   |

Solution to  
Newsletter  
SUDOKU  
No. 92

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 4 | 7 | 1 | 3 | 5 | 2 | 8 |
| 8 | 3 | 2 | 6 | 9 | 5 | 4 | 1 | 7 |
| 5 | 7 | 1 | 4 | 2 | 8 | 6 | 3 | 9 |
| 1 | 5 | 7 | 8 | 4 | 2 | 3 | 9 | 6 |
| 4 | 8 | 3 | 1 | 6 | 9 | 2 | 7 | 5 |
| 6 | 2 | 9 | 5 | 3 | 7 | 1 | 8 | 4 |
| 3 | 9 | 5 | 2 | 7 | 6 | 8 | 4 | 1 |
| 2 | 1 | 8 | 9 | 5 | 4 | 7 | 6 | 3 |
| 7 | 4 | 6 | 3 | 8 | 1 | 9 | 5 | 2 |

(1)

A squirrel has hidden 23 ears of corn at the base of a hollow tree. How long will it take the squirrel to carry them all away if he carries away three ears a day?

(2)

Which powers have nine letters only one of which is a vowel?

Answers on page 45

## Dates & Deadlines!

Supplied by Kathryn Gigg,  
Chartered Accountants, Hunstanton

JULY 2015

### 5 July - Non-Resident Landlords:

**Deadline** for 2014/15 returns of rent paid by agents to non-resident landlords and of tax deducted by tenants from rents paid direct to non-resident landlords. Deadline for 2013/14 returns of rent paid by agents to non-resident landlords and of tax deducted by tenants from rents paid direct to non-resident landlords.

### 6 July – PAYE:

**Deadline** for employers to file Forms P11D, P9D and P11D(b) for 2014/15. This deadline is strictly enforced and penalties are generated automatically.

**Deadline** for employers to give copies or summaries of Forms P11D and P9D to employees.

**Employers:** an employer who has provided a redundancy package in 2014/15 worth more than £30,000 and which included benefits-in-kind must report it to HMRC by this date.

**Employers:** deadline for a close company to elect that all beneficial loans to a director be treated as a single loan for calculating 2014/15 benefits in kind.

### 14 July - Company Accounts:

**Due date** for CT61 return for quarter to 30 June 2015.

### 19 or 22 July - PAYE:

**Due dates** to pay Class 1A NICs for 2014/15. Payments by cheque should reach HMRC by 19 July; electronic payments must have cleared into the HMRC bank account by 22 July. Due dates to pay Class 1A NICs for 2013/14. Payments by cheque should reach HMRC by 19 July; electronic payments must have cleared into the HMRC bank account by 22 July.

### 31 July - Income Tax:

A **Self Assessment** Tax Return for 2013/14 not filed online by 31 July 2015 will attract a tax-g geared penalty, the higher of £300 and 5% of the liability at 31 January 2015.

**Income Tax:** due date for second Self Assessment payment on account for 2014/15. Failure to make this payment will result in automatic interest charges being levied.

**Tax Credits:** renewal deadline to provide information to finalise 2014/15 awards and renew claims for 2015/16.

**Company Accounts:** private companies with 31 October 2014 year ends should file their accounts at Companies House by this date.

**Corporation Tax:** company returns for accounting periods ended 31 July 2014 should reach HMRC

**Pensions:** deadline for a scheme member to notify the scheme administrator to elect for a 2013/14 annual allowance charge to be met from his or her pension benefits.

### 1 August - Income Tax:

Deadline to pay outstanding Self Assessment Tax and Class 4 NICs for 2013/14 to avoid a second 5% penalty being levied on 2 August 2015 (the first was on 2 March 2015).

Mrs K H Gigg FCA

**Caution:** The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.

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# Kathryn Gigg

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## Opening of HEACHAM YOUTH & COMMUNITY TRUST CHARITY SHOP

The Borough Mayor and Mayoress of King's Lynn & West Norfolk, Councillor Colin Manning and Mrs Julie Manning, officially opened the new Heacham Youth & Community Trust charity shop, situated at 23/25 High Street, on Saturday 20th June. The Mayoress was presented with a posy of flowers by Rosie Wilson, aged 3½. The Chairman of the Trust, Mr Mick Jennings, thanked the Mayor and Mayoress for coming along to open the shop and presented the Mayor with an original Heacham brick.

The Trust is grateful for the number of items already donated by local people in the village and are overwhelmed by their generosity. A team of volunteers have also come forward to staff the shop. Thanks were also expressed to Mr Peter Sutton and Mr Dave Page for the amount of time they have given in preparing the shop ready for opening and special thanks was given to Mrs Lydia Page for her expertise in arranging the stock and for window dressing, which has been admired already and attracted a lot of potential customers!

The shop is open Monday-Friday between 10.00am-3.00pm. Donations of items and good quality clothing will be gratefully received, but **not** large furniture items, electrical goods, videos, quilts or pillows etc. thank you.



Peter Sutton, the Mayor and Mayoress with Rosie Wilson



Dave and Lydia Page, Mick Jennings with the Mayor and Mayoress



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# H DFA

## Hunstanton & District Festival of Arts

### ONE-ACT DRAMA FESTIVAL 2015

The popular Hunstanton One-Act Drama Festival will take place once again this year from **Thursday 9th – Sunday 12th July** at the Princess Theatre.

Performances will take place at 7.00pm each evening and there will also be matinees on Saturday 11th and Sunday 12th July at 2.30pm. Each performance will consist of different adult and youth Drama Groups from throughout the District performing one-act plays of their choice. Each session will usually include two or three different plays, while the last evening will include special entertainment and the presentation of awards.

After each session, the adjudicators will talk briefly about each play and how well each team achieved their objectives. Full written adjudications will be issued to each Group after the event.

The event is also a competition and trophies will be awarded at the end of the last Sunday performance within ten different categories including: Best Original Script, Best Play and Best Actor/Actress. These will be presented by the Mayor of Hunstanton.

Participants will include, The Princess Players, King's Lynn Young Players, Wilburton Theatre Group, John Giller Drama and Theatre Academy, The Rollason Stage School, Methwold Theatre Club, Four by Four, Garboldisham Amateur Dramatic Society, (GADS) and Downham Market Amateur Dramatic Society (DADS).

Adjudicators for 2015 are: Michael Williamson, NODA; Stephen P Hayter, NODA and Ann McKimm LGSM, P.Cert. LAMDA.

Tickets cost £8.50 per performance (Festival Ticket £25 which includes access to all performances) and will shortly be available from the Princess Theatre Box Office on 01485 532252 or on-line at [www.princesstickets.co.uk](http://www.princesstickets.co.uk)

Come along and support your favourite local Drama Group.



### HUNSTANTON TOWN CALENDAR PHOTO COMPETITION

#### Have you entered the HDFA Town Calendar photo competition yet?

Hunstanton & District Festival of Arts are asking for 12 good photographs to showcase our beautiful area in the 2016 Hunstanton Town Calendar.

Festival 3 Chairperson Elaine Clutton says:

“This competition is open to everyone. All age groups, individuals and photographic clubs. Entries must have been taken recently within the West Norfolk area and seasonal ideas will of course be the first choice. So if you have a brilliant seascape in winter or an unusual close-up shot of snowbells in spring, or windsurfers at the beach, then please do send it to us. The loose title is ‘Flights of Fancy’ - this refers to a stretch of the imagination and not just birds at sunset! **We are looking for interesting, imaginative and different ideas suitable for a very special seaside calendar.**”

Prizes are £100 1st prize for the cover photo, and 11 runner up prizes of £25 each for the rest.

This calendar will be sold in the Town's Tourist Information Centre with full credits to the winners. The winning photos from last year's competition were made into postcards and can still be bought from the TIC for 50p each. Any and all profits made will go to Town Charities.

**Entries must be submitted by Monday September 7th 2015.**

This is a Festival 3 by the Sea Event.

For further information, go to [info@hdfa.org.uk](mailto:info@hdfa.org.uk) or [www.hdfa.org.uk](http://www.hdfa.org.uk) for rules and free details.

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# Hunstanton Lifeboat Sandcastle Competition Tuesday 4 August 2015

Start 2.00 pm registration from 1.00 pm  
**On the beach at Old Hunstanton**  
 in front of the RNLI boathouse and shop  
**Entry £1 only**  
**Everyone welcome, especially children with families**  
 The competition lasts for about an hour and is in three age groups  
 Prizes will be vouchers for the RNLI shop  
 Parking available at the Le Strange car park



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HN\_

## Hunstanton Community Choir

### 'Chalkfest'

I think we may have to start raising funds for St. Edmunds Church, because Hunstanton Community Choir blew the roof off!

Seriously though folks, the sound created at our concert on 6th June was absolutely amazing. Songs that stirred emotions from sorrow to joy and laughter, followed by a rapturous standing ovation from the audience, before they contently stepped out into a light and warm Hunstanton evening. Congratulations to all involved in such a splendid occasion; the money raised from this event will go towards a defibrillator for the local community.



Next on the agenda - you'll need to dig out your folding chairs and sunglasses, as preparations are in full flow for this summer's open-air event 'Chalkfest'. Following last year's successful collaboration between ourselves and Ringstead Woodland & Garden Walks, organisers are busy arranging the 2015 gathering which will be held on Sunday 26th July at 3pm at Ringstead Chalk Pit.

Headlined by the The Hunstanton Community Choir, with a welcome return by The Quaysiders (folk duo) and David Wood (comedy poet). Also supporting us this year we are lucky to have Andrew English & The King's Lynn Ukulele Club, Terry & Lynn (guitar & vocals), Richard Baty & the Blackjack Blues Band, and Warwick Jones (singer/song writer).

Will there be food and drink I hear you ask? There will be a van selling delicious wood-fired oven pizzas and a bar selling beer, wine, hot drinks and ice creams (picnickers are also welcome). The field adjoining the chalk pit will be open for car parking. Anyone with mobility issues can be driven and dropped off in the picnic area before returning the car to the designated parking spaces.

Seating isn't provided so do bring chairs/blankets etc. No glasses allowed for health and safety reasons; please bring bags for taking home your rubbish. Portaloos will be available.

There's no entrance fee but there will be collection buckets for charity. Bids from local charities who feel they would benefit from funding, can apply in writing to the HCC Chair, Annie Wood at: [hunstantoncommunitychoir@hotmail.com](mailto:hunstantoncommunitychoir@hotmail.com)

Also, keep your eyes peeled for The Choir singing at The Hunstanton Carnival on Sunday 28th June!

'Chalkfest'

Ringstead Chalk Pit  
3.00pm - Sunday 26th July 2015  
Donations to Charity

Liz Henze

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Weather permitting, we will have a flypast by a Tiger Moth piloted by Alan Fines and Terri Faye from Felthorpe Airfield  
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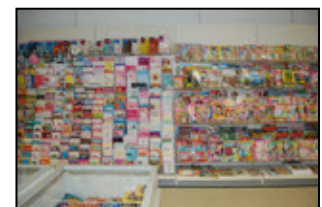
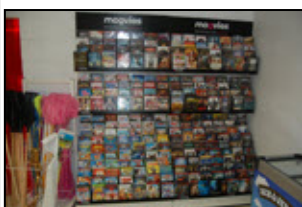
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# Hunstanton & District Rotary Club

## Rotary Matters



For Heacham News readers we are pleased to give you the information about our coming events. The first of our Club's major events was our very popular one at the Hunstanton Carnival which was held on Sunday 28th June.

Our next big event, always very well supported, is the **Norton Hill Light Railway weekend on Saturday and Sunday July 25th and 26th**, 1.00pm-5.00pm. This takes place at Hall Farm, Old Church Road, Snettisham. As well as the exciting 1km railway train journey through the woods, there will be pony rides, refreshments, music from the Hunstanton Concert Band, games and stalls (including the popular tombola), suitable for all the family. Entrance will be £1 for adults, children go free. All proceeds will go to three local charities – West Norfolk Riding for the Disabled, the 1st Hunstanton Scouts and the Motor Neurone Disease Association (local group).



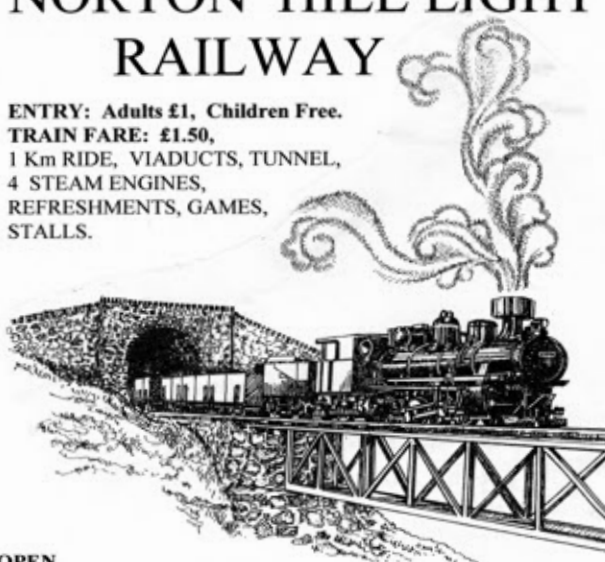
### Kite Fair Fun in the August sun

On **Sunday August 16th**, 10.30am-6.00pm, we have our third major event, the 19th Annual Kite Festival and Classic Car Rally, held in association with the Norfolk Hospice at Tapping House. As usual it will take place on the Smithdon School playing fields in Hunstanton. For those who need it the address is, Smithdon High School, Downs Road, Hunstanton, Norfolk, PE36 5HY. Organised by our Rotary Club, the Festival promises to be as exciting as those of past years. We believe that North West Norfolk frequently gets good weather and this is what makes it absolutely perfect for kite flying and festival fun. Smithdon School has strong links with the Rotary Club and has provided the use of its playing fields for the event for many years.

The Kite Fair has been a major fund-raising event for our Rotary Club and this year Tapping House Hospice joins us for the first time. With thousands of people buying very reasonably priced tickets, the Kite Fair is the perfect answer to taking the whole family out for a great day. There will be plenty of fun to be had

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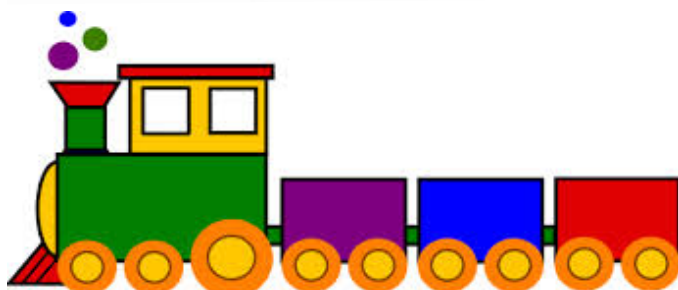
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whether you are a youngster with pocket money to spend on ice-cream, or an aficionada of classic cars, a lover of craft fairs or someone who just enjoys a great atmosphere with people out to have a great day. The stars of the show are the kites and kite flyers who entertain the crowds with breathtaking displays of skill. Kites are also flown to show the many different types, some of which date back to Chinese dynasties, whilst others are modern masterpieces of multi-wing dexterity.

Local businesses and local charities add their support to the event with colourful stalls and lots to see, and the huge indoor Craft Fair which was so popular again last year, will be presenting handicrafts of all kinds. A new Food Court will offer a range of



choices from seaside favourites to exotic dishes so every visitor will find something tasty to eat. Inner Wheel members will, of course, be providing their lovely food. An area for sitting down to eat a picnic will, as usual, be available.

Car enthusiasts from across the country travel to Hunstanton every year to exhibit their 'pride and joy' vehicles and even more come along to get a close look before the cars start their parade around the show-ground. Some cars are iconic examples of the decades, and others are truly lovely examples from the beginning of the motor-vehicle era. Last year, leisure vehicles such as the much-loved VW Camper Van made appearances too. Arena events keep the crowds enthralled, with this year the Downham Market Marquettes, Hunstanton's own Tang Soo Do Martial Arts Team, Cambridge Youth Street Dance group SinCru and the Fun Dog Show. The Fun Fair, children's entertainers and, new this year, Pony Rides, will all be there as well.

The Flypast this year is by the Battle of Britain Memorial Flight Lancaster. So, if you want a whole day of fun for just a few pounds, then come along. Tickets may be bought at the gate or through our website [www.hunstanton-rotary.org.uk](http://www.hunstanton-rotary.org.uk) in advance. Further information is also available on our website.

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We are very pleased to know that Mollie Patterson, whom we sponsor, has again been selected to represent England Schools at Table Tennis. Mollie has retained her No. 2 ranking position in the under 13 yrs age group for the month of May. Mollie has said how much she appreciates the support of Hunstanton Rotary Club.

We can always give you more information about the Rotary Club. We are pleased to know that the money we manage to raise, largely through members of the public, goes in total to help people less fortunate than ourselves. We meet on Wednesday lunch times and the basis of our meetings is to have fellowship and fun. More information can be given to you by our Club President Peter Atterbury (tel 01485 534820) and our next year's President, Adrian Evans, (tel 01485 570477). Our website, [www.hunstanton-rotary.co.uk](http://www.hunstanton-rotary.co.uk) gives more information too about us.

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**'Books to Read':** This month the Library recommends you try out author Charlotte Bingham. Charlotte is an English novelist who has written over 30 mainly historical [romance novels](#). She has also written for many television programmes including Upstairs, Downstairs and Robin's Nest. Perfect summer reading!

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## Award winning business owners, celebrates their first year

Buying a business in an economic downturn can be considered a risky venture. With people's purse strings well and truly tightened its not for the faint hearted, but Suzy and David Mason took the plunge and bought Paint me Ceramics in Hunstanton, 1 June 2014.

On 6th June 2015 they held a birthday bash and offered their customers a healthy discount on their already reasonable priced items which you can personalise. In addition, they have many loyalty card holders and offered them a further surprise for their welcomed and continued custom.

Louise Wallis who is a regular customer said, 'I first met Suzy at an evening event just for adults at Paint me Ceramics; I chose to Decopatch some pottery. It's so relaxing when I do it, I quite often forget the pressures of life. Since my first visit I regularly attend events and workshops. I also regularly pop in for a chat about my next project'.

Suzy and David have opened their doors to the community and now see themselves as a creative hub for West Norfolk and beyond. Some fantastic activities they regularly host are painting workshops, such as Pop Art, toddler groups, schools, youth organisations, disabled groups and hen parties to name a few.



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Hypnosis has long been associated with the strange and mysterious, with side shows and faith healers. But the truth is that hypnosis isn't the least bit mysterious or supernatural. In fact, you have been in a hypnotic state literally thousands of times. You didn't notice it because it seemed such a natural state of mind. And the hypnotic state is natural for all humans and many animals.

Chances are, at one time or another you have found yourself driving along a familiar road or lane past your exit, or perhaps you suddenly became aware of yourself behind the wheel and wondered where you were going. Occurrences such as these are common. Let's take a look at what makes them possible.

Everything that you have learned is stored in your subconscious. Because you have already learned to drive, your driving skill is stored in your subconscious. As you begin your journey, you get in your car, manoeuvre out onto the road and into the continuous stream of traffic. Now your conscious mind is free. That is because the knowledge required for driving, exists in your subconscious, your conscious mind drifts off, allowing your subconscious to become more active. You may become so engrossed in your thoughts that you drive in the direction of your office when your actual destination is the supermarket, or the theatre. When your attention is needed to change lanes, avoid something in the road, stop at a toll gate or a railway line, or slow for an off-ramp, your conscious mind comes into play again. You may even arrive at your destination and wonder how you got there so quickly.

Driving is only one automatic activity. Whenever you do anything automatic, your conscious mind is diverted from your subconscious and you are more likely to go into a hypnotic state, such as the one described. Some of your automatic activities are more apt than others to allow or provide daydreaming. For example, your mind might drift when you are driving alone, taking a shower, mowing your lawn or jogging. These activities, like driving, are stored in your subconscious. While you are functioning in this automatic mode, it is quite easy to drift from an alert state into a different level of consciousness.

Interestingly, day dreaming is the first level of the trance state. (Please feel free to give me a call if you would like to have more information.)

Telephone: 01485 540605

Mobile: 07919377764

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# HEACHAM

## Carnival Parade

**Sunday 2 August 2015**  
**Fête starts at 1.00 p.m.**  
**Parade starts at 1.45pm**  
**Lavender Queen, Princes & Princesses**  
**STEEL BAND MUSIC**



**Collection in Aid of Heacham Minors**  
**Register Your Float Now**  
 01485 572142  
 Sponsored by Jennings and Norfolk Lavender




### Burnham Market Craft Fair

Burnham Market Craft Fair (which is now its 40th year) will be held on Saturday 15th August.

This popular event is run by local volunteers with stallholders contributing 10 per cent of their takings to local good causes.

This year's craftspeople have been selected from nearly 200 applications and have been hand-picked for their quality and variety. Traditional, local and regional crafts will be displayed alongside items by local artists, designers and artisans, on over 100 stalls, in the centre of the village on the greens, from 10.00am to 5.00pm

Stalls include original art, jewellery, plants, textiles, ceramics, cards, woodwork, pottery, basketwork, sculpture, furniture, glassware, photography, aromatherapy, leather-craft, metal-work and more.

There will be a traditional Hog Roast; face-painting and a Punch and Judy Show will entertain children throughout the day. There are several refreshment stands, plus tea and cakes at St Mary's Church, Westgate and of course, the permanent good eateries and specialist shops that make up this charming and attractive village.

Ample parking is available on the Creake Road Playing Field for a small fee, or why not come into the village on the Coasthopper bus?

(Enquiries regarding the Craft Fair to Geof Hanley on 01328 738503 or email [geof.hanley@gmail.com](mailto:geof.hanley@gmail.com))



## July 2015

# Princess theatre

01485 532252

|  |   |  |  |
|--|---|--|--|
| <p><b>3rd July</b></p>  <p><b>LADIES ROCK</b><br/>Celebrate the Songs from Women</p>              | <p><b>4th July</b></p>  <p><b>Mad About Abba</b><br/>Voulez Vous</p> | <p><b>9th - 12th July</b></p>  <p><b>IDEA LIVES</b><br/>DRAMA FESTIVAL OF ONE-ACT PLAYS</p> | <p><b>18th July</b></p>  <p><b>Simply The Best</b><br/>Tina Turner</p> |
| <p><b>25th July</b></p>  <p><b>Magic</b><br/>A Land of QUEEN</p>                                |   | <p><b>29th July</b></p>  <p><b>The Brigade</b><br/>Of Gurkhas</p>                         |  |
| <p><b>30th July; 6th 13th 20th 27th Aug</b></p>  <p><b>The Great British Seaside Special</b></p> |   | <p><b>31st July</b></p>  <p><b>THE BOOTLEG SIXTIES</b></p>                                |  |



**Forthcoming Films JULY**

Unbroken - 7th 7.30pm  
 Second Best Marigold Hotel 2.30pm  
 Members £3.50  
 Non members £6.50 / £5.50

**2nd 9th 16th 23rd July**



**Olly Day & Nigel 'Boy' Syer**  
IF IT'S LAUGHTER YOU'RE AFTER  
2.30pm

## Music in Country Churches

*Patron*

**His Royal Highness The Prince of Wales**

**Music at Dersingham**

**Tuesday 28th and Wednesday 29th July**

**St Nicholas Church**

**Dersingham, Norfolk**

**Box Office: 01603 628219**

Tickets can be booked by post, by telephone or by personal callers from: **Prelude Records, 25b St Giles Street, Norwich, NR2 1JN. Telephone 01603 628219** – Monday to Saturday 9.30am to 5.30pm.

Light refreshments, including wine and soft drinks, will be on sale in the marquee from 6.00pm, during the interval and for twenty minutes after the performance. Buffet suppers will also be available before and after the concerts if ordered and paid for in advance. A booking form giving details of the menu and prices will be sent out with tickets.

*Music in Country Churches* was set up as a charitable trust in 1989 with the active support of The Prince of Wales. The Trust has two aims: to arrange weekends of music in rural churches of exceptional beauty and interest and to raise funds thereby to assist those churches with the costs of their repair and maintenance.

These weekends, at which the concerts are given by artists of international renown, take place during the summer months and in various parts of the country.

The Trust, apart from the need to cover the modest cost of part-time secretarial help, is run entirely on a voluntary basis. In its first twenty-six seasons it arranged seventy-three weekends and, with the support of business organisations, charitable trusts, the Friends of *Music in Country Churches* and other generous individuals, was able to make donations to those churches totalling £518,500.

The English Chamber Orchestra conducted by Howard Shelley, will be performing on 28th July at 7.30pm; soloist Narek Hakhnazaryan, cellist, at 11am on 29th July and the Skampa Quartet at 7.30pm on 29th July. The music of composers Mozart, Strauss, Tchaikovsky, Bach, Britten, Hadyn, Janacek and Schubert will be featured.

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Answers page 30

(1) 23 days. (Each day the squirrel carries away one ear of corn and his own two ears.)

(2) Strengths.

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## At the going down of the sun and in the morning,

My paternal Grandfather was Alfred Edward Potter born in 1895 in Exeter but moved in 1902 to Newcastle upon Tyne. Aged about 17 he left college to become a Civil Servant, moving soon after to the War Office in London. It is thought that he volunteered for the Army from this job in 1915, joining the London Rifle Brigade.

The next information available is 1st July 1916 when he was taken prisoner at Gommecourt Wood in France and taken off to Osnabruck in Germany where he remained a prisoner until the end of hostilities when he was repatriated to England. He contracted TB whilst at war, but it healed itself and he resumed his work as a Civil Servant at the War Office on his return.

While he was a prisoner, he became an orderly to a captain who had been blinded by a bullet through his eye. In an account of Private Cotton, as he was referred to, in the autobiography Englishman Kamarade by Captain Gilbert Nobbs, he is noted as “a fine lad; a well-educated, superior type of fellow, and we became very much attached to each other during those long, dreary days.” “He could speak French and, although he could speak no German, he possessed that wonderful faculty particular to the private soldier, of understanding and making himself understood in a language he did not know.” “He had been a civil servant in the War Office, but in the early part of the war had volunteered his services with the colours, and fought night and day in the trenches for a shilling a day; while the young man who took his place in the War Office drew one and sixpence an hour overtime after 4 o’clock. Yet Cotton never complained. But his duty was the other man’s opportunity.”

Also, my mother’s father, George Reeves William Grundy 1897-1963 was in the Royal Signals, as an expert in Morse code. He served in the Holy Land at the same time as Lawrence of Arabia.

My mother’s uncle, Leonard Grundy, was in the Navy, and was blown up on a ship in Dover harbour, on the day that Peace was declared.

**We will remember them.....**

**Jillian Carr (nee Potter)**

### HEACHAM PARISH COUNCIL Local Development Framework

#### Important Information for Heacham Residents About the Public Hearing of the Local Development Framework.

The Local Development Framework (LDF) for King’s Lynn and West-Norfolk will be discussed throughout July in a hearing conducted by a planning inspector.

The Examination hearings will commence: 10.00am on Tuesday 7th July 2015, at the Wembley Room, Lynnsport, Greenpark Avenue, King’s Lynn PE30 2NB. It is anticipated that the Hearing sessions will run for a total of 10 days, between 7th to 29th July 2015.

There are two days of particular interest to Heacham residents:

Tuesday 14th July (9.30am) – Hunstanton will be discussed including the proposal for development south of Hunstanton with an access road entering Heacham. Heacham Parish Council remains opposed to this proposal on the grounds of its proximity to Heacham and the access issues. This proposal controversially became a late addition to the LDF.

Tuesday 28th July (9.30am) – Heacham will be discussed. The LDF proposal is for two sites to be developed, a very small one close to the Church and a larger one on land off Cheney Hill.

Heacham Parish Council has not objected in principle to these proposals but has reservations about details of access and the developer’s intent to seek to build more houses on the larger site than are required.

**However, during this session of the hearing, the developers who have pursued a planning application for houses and care facilities on land off School Road, will be speaking in an attempt to persuade the inspector to include their proposals in the LDF. Heacham Parish Council, along with many parishioners, has opposed this application on several occasions. It has been thrown out by the planning authority (KLWN) twice and rejected by a planning inspector on appeal. The developers are making this further attempt to overturn these democratic decisions before they take the matter to High Court to object to the appeal decision.**

You are able to attend the hearings as an observer. If you require further information contact Ms Clare Copley, the Programme Officer, who has been appointed to assist the inspector.

•email: [programme.officer@west-norfolk.gov.uk](mailto:programme.officer@west-norfolk.gov.uk)

•telephone: 01553 616811

Details are also available on the KLWN council website. Search for LDF.



**Heacham Parish Council**

## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings in Brief

**Financial Annual Return 2014-15:** The Council approved the return for last year. The accounts will be available for inspection between 1 July and 28 July 2015 upon application to the Clerk.

**Local Development Framework:** The LDF is the Borough Council's plan for future development in the area. There is to be a public hearing to discuss the LDF which is to be held between 7 and 29 July. The Hunstanton area is being discussed on 14 July and Heacham on 28 July. Full details are available on the KLWN council website.

**WW1 Commemoration Poppies:** Poppies were planted along the A149 opposite Broadway and at the Hunstanton Road junction. Unfortunately, the Hunstanton Road poppies have suffered from rabbits and over-zealous verge mowing. The Parish Council intends to replant next year in a better position.

**Youth & Community Trust Clothing Collection Bin:** Council agreed that the Trust could site a collection bin on the old dairy site adjacent to their new shop.

**Vacancy:** There is still a vacancy for a Parish Councillor.

**The next Full Council meeting will be held on Tuesday 21 July at 7.30pm at the Parish Council Office.**

### NOTICE OF PARISH COUNCIL VACANCY

A vacancy has arisen on Heacham Parish Council for a Parish Councillor.

The Council intends to fill this vacancy by co-option. Interested parties should contact the Parish Council Office for further information and present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 21 July at 7.30pm.

Lynne Butters  
Parish Clerk

### New Community Building

Message from the Community Building Committee



Further to the presentation given to the Annual Parish Meeting last month, the display boards and comment sheets are on display in the library. Please take a few minutes to let us know your views, either via the comment sheets, facebook, or our website.

## Heacham Beach Party



SUNDAY 5 JULY

5.00pm-7.00pm

HEACHAM SOUTH BEACH

**BBQ, KITE COMPETITION, MUSIC, GAMES AND  
ACTIVITIES**



### Heacham Carnival Parade and Fete 2015

This year's Carnival Parade and Fete will be held on Sunday 2 August. Forms to register your float, which include parade timings and route, are now available from the Parish Council Office

### Library Volunteers

The Parish Council would like to thank the 12 volunteers who staff the library. Members of this dedicated team are pictured at their summer lunch, held at Heacham Manor.



### Dog Fouling

The Parish Council will be spraying areas of dog fouling with a pink, biodegradable paint in order to highlight the problem and make irresponsible dog owners aware that they are being monitored. The cut through between Strachan Close and Victoria Close is one area under surveillance, as is the junction of Church Lane and St. Marys Close. Please let the Parish Council Office know of any other problem areas. Thank you.



Any queries should be addressed to:  
**Heacham Parish Council Office**  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel/Fax 01485 572142  
[www.heachamparishcouncil.co.uk](http://www.heachamparishcouncil.co.uk)  
Open Tuesday - Friday 10.00am-noon

## HELP LINES

**HEACHAM GROUP PRACTICE** **01485 572769**  
**HEACHAM** MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
**SNETTISHAM** MON TO WED 08.30 TO 12.30 14.30 TO 18.30  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

**OUT OF HOURS DOCTOR** **111**  
 For out of hours service, please call the NHS Helpline

**HEACHAM & DISTRICT COMMUNITY CAR SCHEME** **534777**

**HEACHAM CHEMIST** **570297**  
 OPENING HOURS MON TO FRI 09.00 TO 18.30  
 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance  
 DUTY CHEMIST NOTICE DISPLAYED ON DOOR

**HEACHAM PARISH COUNCIL OFFICE** **572142**  
 OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT **572142**  
 BOROUGH COUNCIL OFFICE **01553 616200**  
 BOROUGH COUNCILLORS  
 Mr P. COLVIN **01485 572625**  
 Mr C. MANNING **07885 258392**  
 NORFOLK C C MICHAEL CHENERY **01328 823411**

**PARISH LIBRARY** **571928**  
 OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

**HEACHAM POST OFFICE** **570330**  
 OPEN MON - FRI 08.30 To 17.30 SAT 09.00 To 13.00

**EMERGENCY SERVICES**  
 QUEEN ELIZABETH HOSPITAL **01553 613613**  
 NHS Helpline **111**  
 DENTIST **Emergency only for patients not registered with a dentist** **01553 769264**  
 COMMUNITY MIDWIFE (Ask for Hunstanton M/W) **01553 613613**  
 POLICE **101**  
 SAMARITANS **01553 761616**  
 CHILD LINE **0800 1111**  
 SILVER LINE **0800 4708090**  
 ELECTRIC **0800 7838838**  
 ANGLIAN WATER **0845 7145145**  
 GAS ESCAPE **0800 111999**  
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 THUR and SAT 10.00 TO 13.00

**HEACHAM CHALK PIT RECYCLING CENTRE**  
 Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, are 9am - 4pm.

**HEACHAM COMMUNITY WEBSITES**

www.heacham-on-line.co.uk  
 E-mail admin@norfolk-on-line.co.uk  
 www.heachamgrouppractice.org  
 www.heachamnewsletter.org.uk

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**Norfolk Green**

**Service 10 (Mon-Fri)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0647 first bus to Kings Lynn then three times an hour from 0826  
 0654 first bus to Hunstanton then three times an hour from 0918

**Service 10 (Saturday)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0647 first bus to Kings Lynn then three times an hour from 0826  
 0714 first bus to Hunstanton then three times an hour from 0918

**Service 10 (Sunday)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0908 first bus to Kings Lynn, then twice an hour from 1054.  
 0843 first bus to Hunstanton, then twice an hour from 1016

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

**Smithdon High School Bus**

**Service 401**

Via:- Folgate Road/Fengate, Station Road  
 0816 to Smithdon School  
 1530 from Smithdon School

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

**Coasthopper Service**

Kings Lynn to Cromer & Fakenham Via Heacham (Norfolk Lavender, Lodge Rd & Heacham Manor) Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

**lynx (lynxbus)**

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 0707 first bus to Hunstanton then twice an hour from 0954

**Service 35 (Sunday)**

Via:- Fox & Hounds and Lodge Rd  
 0907 first bus to Kings Lynn then twice an hour from 10.42  
 0834 first bus to Hunstanton then twice an hour from 1009

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

**Bus Enquiries**

www.norfolkgreen.co.uk

Tel: 01553 776980

www.lynxbus.co.uk

Tel: 07432 036330

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

**WNCT - DIAL-a-BUS Service**

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 £5 return (£3 return for Concessionary Bus Pass Holders)

For more info, a Membership form or to book Tel: 01553 770310

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**Main pick up points for The Heacham Newsletter.**

**First Saturday each month except January.**

Jennings, Heacham Bakery, Heacham News, Post Office, Parish Council Office, Church, Co-op, Tesco's, Fish Bar, Wine Cellar

**HEACHAM HALLS**

|   |               |
|---|---------------|
| Public Hall   | <b>570776</b> |
| Pine Residents Hall, Wilton Road Mrs Crisp                      | <b>579440</b> |
| Methodist Church Hall, Station Road Mike Careless               | <b>570363</b> |
| St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 | <b>572539</b> |
| Old Friends Hall Sunnyside Close                                | <b>572142</b> |
| Heacham Scout Hut   | <b>572890</b> |

**MOBILE LIBRARY**

| ROUTE WEL 124           | (Mondays) | ROUTE WEL 123       |       |
|-------------------------|-----------|---------------------|-------|
| 6th/20th                | July      | 13th/27th           |       |
| COLLINGWOOD CLOSE       | 09.55     | ROBIN HILL          | 10.40 |
| SOUTHMOOR DRIVE         | 10.10     | RINGSTEAD ROAD      | 11.00 |
| SANDRINGHAM DRIVE       | 10.30     | NEVILLE Court       | 11.45 |
| FENSIDE                 | 10.45     | NEVILLE ROAD        | 12.15 |
| HEACHAM INFANT SCH      | 11.00     | PINE MALL           | 12.30 |
| WOODSIDE AVE            | 11.45     | SITKA CLOSE         | 12.50 |
| NOURSE DRIVE/Ingleby CL | 12.25     | SUNNYSIDE           | 14.15 |
| ROLFE CRESCENT          | 13.55     | MEADOW RD           | 14.40 |
| BUSHEL & STRIKE         | 14.15     | POPLAR AVE          | 15.25 |
| GIDNEY DRIVE            | 14.30     | GYMKHANA WAY        | 15.45 |
| BANKSIDE                | 14.50     | JENNINGS CLOSE      | 16.10 |
| MARRAM Way/Norway CL    | 15.05     | COLLEGE DR/Gonville | 16.45 |
| MARRAM Way/Spruce CL    | 15.20     |                     |       |
| MARRAM Way/Neville RD   | 15.35     |                     |       |